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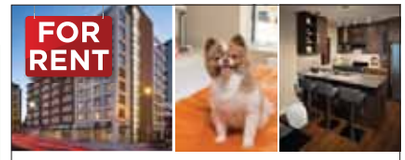
# Plant power

Forget detox. Recipes to boost your immunity this winter. PAGE 16

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## MOUNTIE MOURNED

Matthew Wynn, son of RCMP Const. David Wynn, being consoled by his mother Shelly MacInnis-Wynn during the funeral for his father in St. Albert, Alta., on Monday. Wynn died four days after he was shot by Shawn Rehn on Jan. 17. Story, page 8. JASON FRANSON/THE CANADIAN PRESS

# B.C. woman diagnosed with bird flu

**H7N9.** More cases aren't likely, health officials stress

A woman from B.C. is the first person in North America to be diagnosed with H7N9 bird flu after apparently contracting the virus while travelling in China earlier this month, Canadian health officials said Monday.

Her husband, who had been travelling with her, was also sick with an influenza-like illness around the same time, and it's believed he too was infected, but test results are still pending, said Dr. Bonnie Henry, B.C.'s deputy provincial health officer.

"We're quite confident he had the same thing," Henry said in a phone interview.

The discovery of the case was announced Monday by federal Health Minister Rona Ambrose, B.C. health authorities and officials of the Public Health Agency of Canada.

All stressed that it is unlikely more cases will result from this imported infection. To date, there have been very few instances where H7N9 is believed to have spread from person to person. And there have been no reported illnesses among people who had contact with the couple when they were ill.

"All of them so far are well, including the ones that had the closest contact in the period early on in their infection," Henry said.

The couple, who are in their 50s, did not require hospitalization but were sick enough that they stayed home and had little outside contact at the height of their illness.

The couple's names were not released, and officials would only say that they were residents of the Lower Mainland. They have since recovered. THE CANADIAN PRESS

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# ‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

### OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

### NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

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Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

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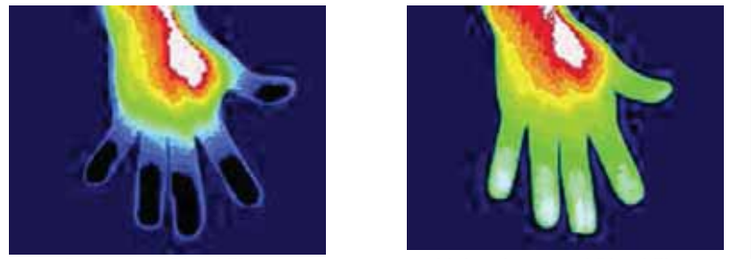
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

### BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

### SURPRISE BENEFITS FOR MEN & WOMEN

“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



**Dark = Low Blood Flow** **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

### NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. “I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, “The results were noticeable overnight. I had more energy and was able to focus more readily.”

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### BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

“I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes,” affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment


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NEWS

Arrested

## Surrey teen accused of robbing Craigslist users

A Surrey teen has been arrested for allegedly robbing victims he arranged to meet through Craigslist.

Surrey RCMP say that a 17-year-old male suspect could soon be facing multiple charges after being investigated in more than a dozen incidents with striking similarities dating back to October.

Spokesperson Cpl. Bert Paquet alleges the teen would contact people who were selling cellphones on Craigslist, the online classifieds website.

In the majority of the cases, the suspect allegedly used pepper spray on the victim and stole the cellphone.

After identifying the suspect, the RCMP's High Risk Target Team set up a sting operation.

Once police felt ready to move in, the suspect was arrested during a meet-up on Jan. 16, 2015.

He was allegedly found to be in possession of pepper spray at the time of his arrest.

Charges have yet to be laid, but Paquet said the investigation continues.

MATT KIELTYKA/METRO

Monday, Jan. 26

## Correction

The ferry pictured on page 12 of yesterday's Metro was the FCF Spirit of Cy Balfry.

METRO

## Colourful cabin to be demolished

A decades-old cabin along the shores of Burrard Inlet in North Vancouver on Sunday. The little cabin, which has been home to squatters, including several artists over the years, is slated to be removed by the end of the month as the port authority begins a remediation of shores in the area.

JONATHAN HAYWARD/THE CANADIAN PRESS

# Money can keep sadness at bay, UBC study finds

**Results.** Researchers were surprised to see a correlation between wealth and lower levels of sadness

THANDI FLETCHER
thandi.fletcher@metronews.ca

Money can't buy happiness but it could stave off sadness.

That's the latest finding from psychology researchers at the University of B.C., who studied the relationship between income and emotions, concluding that while people can't bank on bigger paycheques to make them happy, it could shield them against sadness.

"Getting a high income won't necessarily make you happier as you go about your day, but it might actually make you less sad," lead researcher Kostadin Kushlev told Metro. "Income can buffer us against some of these things that might cause more sadness in our lives but it doesn't necessarily provide the things necessary to increase our happiness."

If that sounds contradictory, Kushlev said it's because of a common misconception about the relationship between happiness and sadness. The two emotions are not diametric opposites, meaning that when happiness increases, sadness doesn't automatically decrease, he said.

For the study, the researchers analyzed U.S. census data from 2010 that surveyed 12,291 people on their levels of happiness and income. Comparing each person's happiness with their income, they found that higher income is associated with less daily sadness but has no effect on daily happiness.

Kushlev said the researchers were surprised to see a correlation between wealth and lower levels of sadness. That effect may be due to the comforting feeling that a pocketful of cash can offer when a crisis arises, he said.

For example, coming home to discover a leak in the roof might be an easy problem to solve for a well-off person. But for someone less fortunate, they may be plagued by the problem for months, Kushlev explained.

"People who are dedicating their lives to getting richer should at least know that getting richer won't necessarily increase their happiness on a daily basis," he said.

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# Students push for warning labels on gas pumps

**Kids for Climate Action.** Group aims to make people consider the 'faraway consequences of everyday actions'

EMILY JACKSON
emily.jackson@metronews.ca

If governments can slap warning labels on cigarettes, why not place similar labels on gas-pump nozzles warning drivers about climate change?

A group of Vancouver students wants to pressure local city councils to mandate these warning labels as part of a campaign launched by Toronto lawyer Rob Shirkey in 2013.

"It's supposed to force people to confront the far-away consequences of everyday actions like filling up your car," said Kids for Climate Action director Kate Hodgson, a 17-year-old Grade 12 student.

Kids for Climate Action and the Vancouver Youth Sustainability Network hosted Shirkey at the Vancouver Public Library on Monday night for a lecture on the campaign labels with phrases such as, "Use of this fuel contributes to climate change, which may put up to 30 per cent of species at a likely risk of extinction."

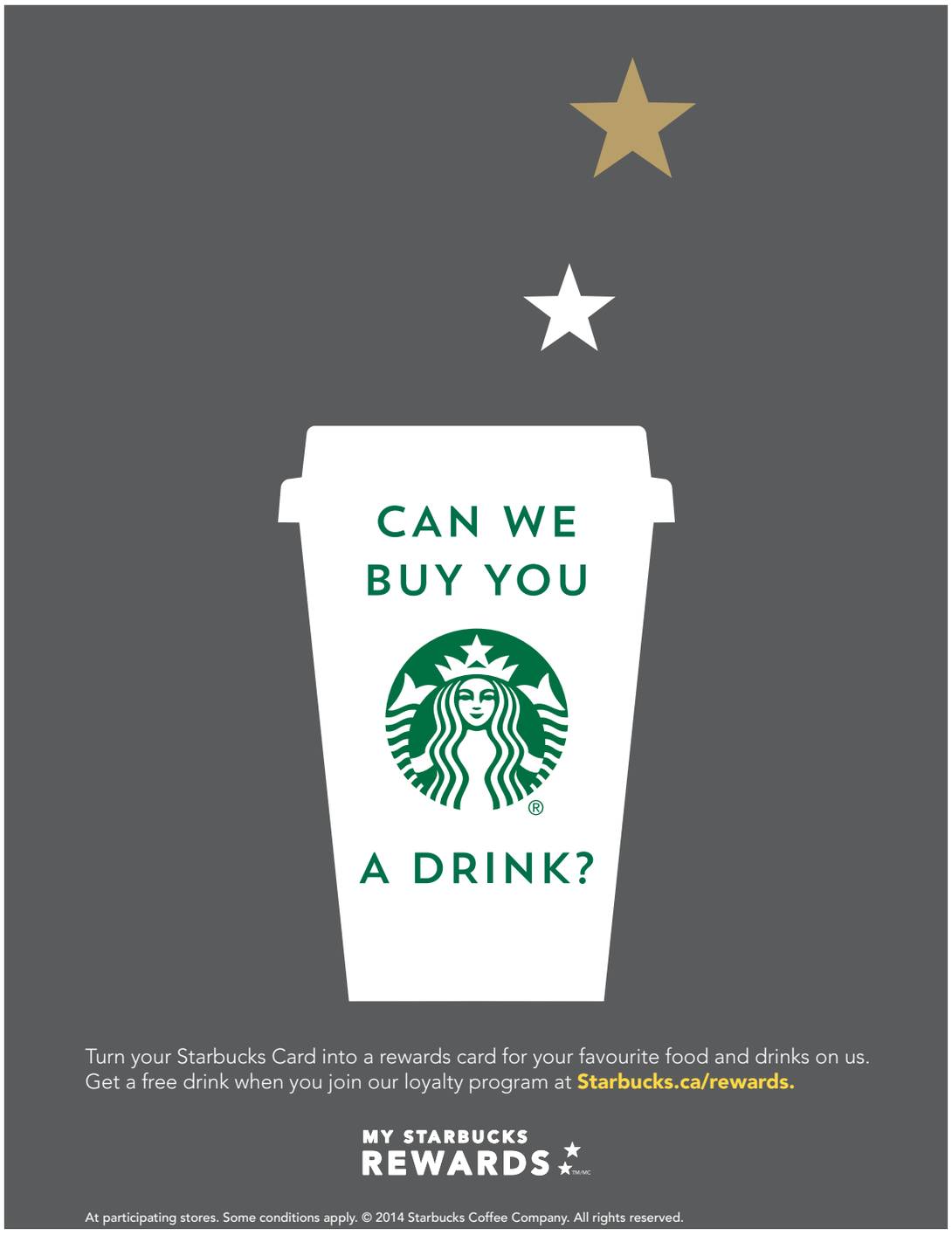
Last year, Hodgson met with Vancouver Coun. Andrea Reimer to chat about the possibility of requiring the labels in the city. The lecture from Shirkey is the next step to hopefully convincing the city to take action, Hodgson said.

"We would love it in Vancouver and we would love it on a broader scale as well," she said.

The city finds the idea creative, Reimer said Monday, but needs to do more research on the legal constraints.

"We're obviously all in on the idea of emissions reduction," Reimer said, adding the most tangible way to achieve that is lobbying to pass the transit referendum.

One of the warning labels.
COURTESY OUR HORIZON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## Climate change. UBC considers oil divestment

Faculty members at the University of British Columbia are considering whether the school should become the first in Canada to fully divest its lucrative endowment fund of investments related to fossil fuels.

The university's 3,200 professors, librarians and program directors began voting Monday on a motion calling on the university's board of governors to stop making new investments related to fossil fuels and sell all existing holdings within five years.

The results, which are expected in about two weeks, won't be binding, but a "yes" vote would force the board to consider the proposal.

If successful, the school would join more than a dozen university and college campuses across North America, including Montreal's Concordia University, that have used their significant investment portfolios to wade into the climate-change debate.

"Divestment is one of a number of tools the climate movement is using to try to transform the energy system from one reliant on producing greenhouse gases to one that's based on clean energy," forestry Prof. George Hoberg, who is championing the referendum, said in an interview Monday.

Investments related to oil, gas and coal companies currently make up about 10 per cent of the university's endowment fund, which is worth almost $1.3 billion.

Students voted last year overwhelmingly in favour of divestment.

The university responded with a responsible investment policy that set out five conditions that must be met before divestment of any industry would be considered, including evidence that such a measure would be effective and would not harm the school's financial interests.

The university said that a successful referendum vote would trigger a review by the board of governors.

THE CANADIAN PRESS

**Negotiations**

### Park board makes progress

The Vancouver park board appears to have broken the stalemate in its negotiations with the city's community centre associations.

After two years and more than 50 meetings attempting to revamp the city's joint operating agreement with the volunteer associations, the board believes it can get a new deal inked by Feb. 28.

"Recently some significant progress has been made. I believe there's a change in tone from the new board in terms of moving forward," park board chairman John Coupar said Monday.

EMILY JACKSON/METRO

**Crime**

### Police looking for suspect in assault, robbery of teen

Vancouver police say a teenager was violently pulled from a bus and assaulted at a stop on Saturday night.

According to police, the 17-year-old victim was riding the Hastings Street bus when it came to a stop and a man pulled the teen off the bus and began punching him in the face.

He was knocked down and threatened while the assailant stole his backpack and skateboard.

Police are looking for witnesses and asking anyone with information about the incident to contact them immediately.

MATT KIELTYKA/METRO

# Pineapple Express brings new winter highs

**Temperature record.** Sunday's 14.9 C rating was Vancouver's hottest ever for this time of year

THANDI FLETCHER
thandi.fletcher@metronews.ca

Vancouverites are basking in a blast of spring in January as unseasonably warm weather continues to sweep across B.C.'s South Coast. On Monday, Abbotsford came close to breaking its temperature record for the second day in a row, reaching 14.2 C at the airport, according to Environment Canada. On Sunday, the mercury hit 14.9 C, surpassing the city's previous record of 13.5 C set in 2005.

"It certainly feels like spring," Environment Canada meteorologist Lisa Coldwells told Metro. "This is the pleasant aftermath of the Pineapple Express that we had on Friday and Saturday."

Over the weekend, the weather phenomenon that brought subtropical moisture from the Hawaiian Islands delivered more than 100 millimetres of rain over the course of two days over parts of Metro Vancouver, according to Environment Canada.

**Unseasonal**

**"It certainly feels like spring."**

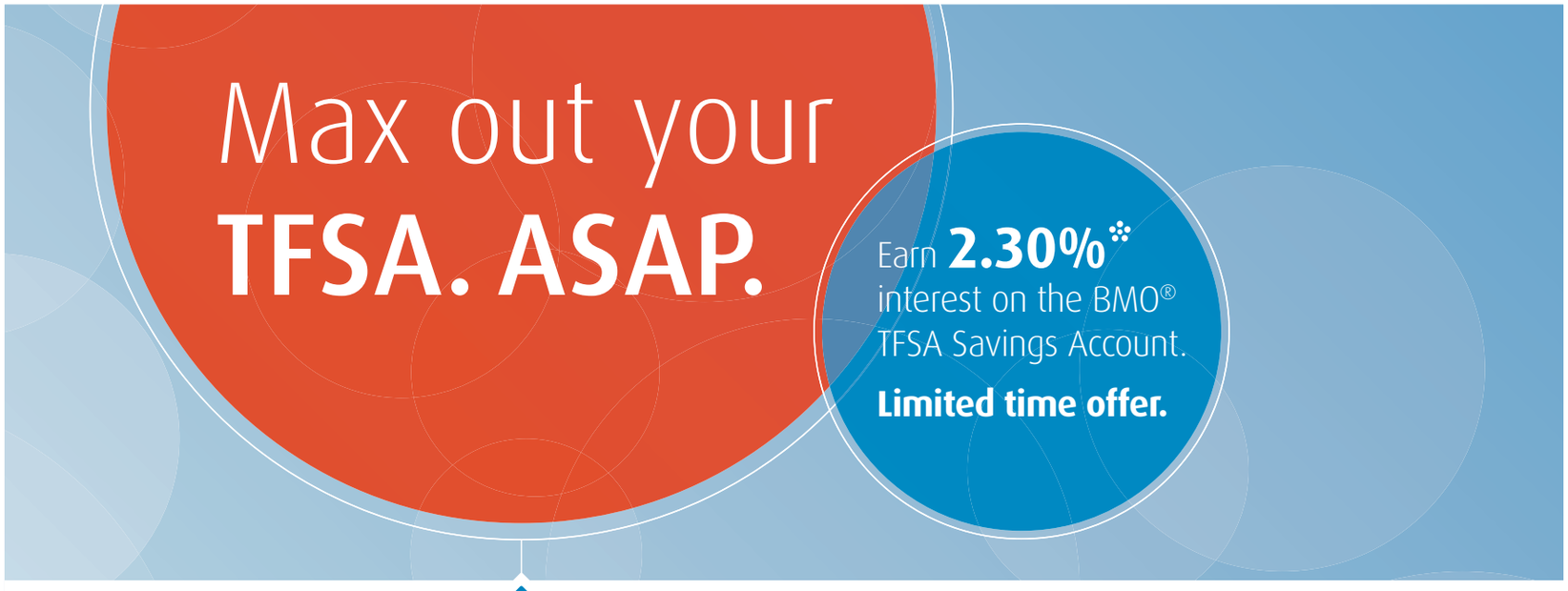
Environment Canada meteorologist Lisa Coldwells

While the precipitation has now moved north, Coldwells said subtropical warm air is expected to stick around in the region until Wednesday.

Temperatures didn't soar quite as high in Vancouver on Monday, reaching a high of 13 C at the airport around 1 p.m. before quickly dropping back down to single digits.

On Sunday, Environment Canada reported a record-breaking high of 14.1 C at Vancouver International Airport, surpassing the previous record of 11.8 C set in 1992.

Pedestrians are silhouetted as they cross a downtown street while a flock of Canadian geese fly through the sky at sunrise in Vancouver on Monday. DARRYL DYCK/THE CANADIAN PRESS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# Park board replaces maple trees destroyed by vandalism

The Vancouver park board has a message for the vandals who chopped down a row of young maple trees in the middle of the night in early January: It will not let "an act of this kind of vandalism stand in our city."

"Trees are living things and I'm very concerned when anybody would do damage to them," NPA park board chair John Coupar told reporters Monday as staff prepared to replace the trees that were felled on the residential block of West 29 Avenue near Cambie Street on Jan. 6.

"Our priority was to get on this very quickly, replace these trees and send a very strong message that removal of trees or damage of trees will absolutely not be tolerated by the Vancouver park board."

It cost $10,000 to remove the stumps, prepare the ground and plant 17 replacement trees, six-year-old maples from the city's nursery in Langley.

Trees are expensive, Coupar acknowledged, but such vandalism is "very rare" and it was important to replace them since residents were upset.

"People in Vancouver really care about our trees and our urban canopy," he said, noting the city is working to plant trees to expand its urban canopy.

Investigators have yet to figure out who used a fine-bladed power saw to level the trees that were planted in November 2010, Vancouver police spokesman Sgt. Randy Fincham wrote in an email.

If the culprit is discovered, they can expect to be arrested and charged with the criminal offence of mischief over $5,000, Fincham wrote. EMILY JACKSON/METRO

Vancouver park board workers plant a maple tree on West 29th Avenue at Cambie Street on Monday. EMILY JACKSON/METRO

## Mining. Clark allots $10M more funding for safety

A mining disaster and increased pressure to speed up the mine-review process in British Columbia has prompted Premier Christy Clark to promise more funding.

Clark told a crowd at Roundup 2015, the annual mineral exploration conference in Vancouver, that her government would hike the budget this year for B.C.'s Ministry of Mines and Energy by nearly $10 million in an effort to improve safety and efficiency.

"We're increasing resources so that we have more boots on the ground, performing more inspections," said Clark on Monday.

"(We're) making sure, in light of what's happened at Mt. Polley, that we all recognize our greater responsibility to … ensure that mining is done safely and mining is done in a way that maintains public confidence and public trust."

In August 2014, the tailings dam at the Mt. Polley gold and copper mine near Williams Lake, B.C., burst, releasing millions of tonnes of effluent into nearby salmon-bearing lakes and streams and prompting a temporary water ban for hundreds of area residents.

B.C. Premier Christy Clark
DARRYL DYCK/THE CANADIAN PRESS

Cleanup of the massive spill and remediation of the mine, owned by the Imperial Metals Corp. are expected to take years and cost millions.

B.C.'s chief inspector of mines approved repair work for the tailings pond just last month. It's unclear when the mine could start operating again. THE CANADIAN PRESS

## Shooting. Injured teen drives himself to hospital

Mounties in Surrey are investigating after a 17-year-old boy drove himself to a hospital after he was shot multiple times late Sunday.

Police believe the shooting happened around 10:15 p.m. in the 13700-block of 73rd Avenue.

Officers found evidence of a shooting on the road but couldn't find the victim, according to Surrey RCMP.

Fifteen minutes later, police were notified that a boy with multiple gunshot wounds had driven himself to a local hospital.

The victim is in serious but stable condition and is expected to survive, police said.

Police believe the two incidents are related and that the shooting was targeted.

Anyone with information is asked to call Surrey RCMP at 604-599-0502 or Crime Stoppers, if they wish to remain anonymous, at 1-800-222-8477. THANDI FLETCHER/METRO

# 'Yes' vote doesn't ensure transit upgrades: Mayor

**West Vancouver.** Michael Smith penned an opinion editorial explaining why he's opposed to a 0.5% tax

Commercial-Broadway SkyTrain station. JENNIFER GAUTHIER/METRO

One of the few dissenting voices among Metro Vancouver mayors says voting "yes" in the upcoming plebiscite on transit funding doesn't guarantee all of the items on the region's wish list will come to fruition.

West Vancouver Mayor Michael Smith penned an opinion editorial for the Canadian Taxpayers' Federation-led "No TransLink Tax" campaign on Monday, explaining why he is opposed to a 0.5 per cent regional Congestion Improvement Tax.

"At the heart of my objection to this proposed tax is my belief that government does not have the right to ask citizens to pay more in taxes unless they can assure them that their money will be well spent. This is not now the case," wrote Smith, who criticized the management and governance structure of TransLink and questioned the provincial government's commitment to public transit in his letter.

Even if voters choose to take on the new tax, Smith doubts the mayors can deliver on their $7.5-billion, 10-year "chicken-in-every-pot" transit plan, which includes a subway along Broadway in Vancouver, light rapid transit lines in Surrey, a new Puttullo Bridge and increased bus service throughout the region.

"Unfortunately, voting 'yes' does not guarantee that everything in the plan will happen," he wrote. "The major projects will require provincial and federal funding which has not been confirmed and the region will need to find additional revenues to see the mayor's plan completed. I suppose we will need to have another referendum at some point down the road."

Smith said the average homeowner in West Vancouver already pays more than $800 in property taxes directly to TransLink, in addition to 17 cents per litre in direct gas taxes.

He said the city could provide bus service "entirely free to our citizens if we had that revenue."

Smith's opposition to the vote isn't new.

He was one of three mayors (along with Burnaby's Derek Corrigan and Maple Ridge's Nicole Read) to vote against an additional sales tax when the Mayors' Council on Regional Transportation met in December to announce its preferred funding mechanism for the transit plan and submit a ballot question to the provincial government for approval.

The vast majority of his peers pushed forward despite expressing similar reservations about TransLink's governance and having a referendum thrust on them by the provincial government.

"We need to get on with this," said Vancouver Mayor Gregor Robertson at the Dec. 11 meeting, stressing the need to improve public transit and reduce congestion in the growing region.

Mail-in ballots are expected to be sent out beginning March 16. MATT KIELTYKA/METRO

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# Slain Alberta Mountie laid to rest in St. Albert

**RCMP shootings.** More than 1,300 Mounties and local law enforcement gather to pay their respects to Const. David Wynn

Shelly MacInnis-Wynn, the wife of slain RCMP Const. David Wynn, and a family member lay flowers on the officer's casket on Monday during his funeral in St. Albert, Alta. Hundreds of spectators, who were encouraged to wear red, lined the parade route and waved large Canadian flags in Wynn's honour.
JASON FRANSON/THE CANADIAN PRESS

The sister of an Alberta Mountie told mourners at his funeral Monday that he would want them to live life the way he did — with joy, passion and with every effort to make the world a better place.

"He would want us to throw ourselves into the things that bring us joy and to do it for him. He would want us to follow our hearts.... He certainly did that," Mona Wynn said in her eulogy before thousands at a recreation centre in St. Albert, Alta.

"David would want us to forgive. He was a peaceful man. He didn't have the time to even notice a grudge, much less hold one."

Const. David Wynn, 42, died last Wednesday, four days after he and auxiliary Const. Derek Bond were shot during a struggle with a suspected car thief at a casino in St. Albert. He was shot in the head and never regained consciousness.

The shooter, career criminal Shawn Rehn, killed himself hours later.

Wynn's sister remembered her brother as a person who brought enthusiasm to everything he did, be it scuba diving, swimming, fly fishing, spending time with his family or serving his community.

"Over the past 10 days, there has been such an outpouring of stories about Dave and obvious love for him from the people that he has touched that I have realized he was far more than I ever imagined," she said.

"Dave was an ordinary man with an extraordinary capacity to make the world a better place for everyone around him."

Hundreds of spectators, who were encouraged to wear red, lined the procession route under sunny skies and unseasonably warm temperatures. Many were holding Canadian flags, and one giant flag was strung from the erected ladder of a fire truck.

Laredo Nault, 14, travelled from Legal, Alta., with a quilt emblazoned with the quote: "No greater love than to give one's life for another."

"It kind of popped up in our minds — an officer gave his life away to protect our country, and I think that quote represents it," said Nault.

Wynn is survived by his wife, Shelly, and his three sons, Matt, Nathan and Alex.

THE CANADIAN PRESS

Military

## Special forces stop two ISIL offensives

Canadian special forces and Islamic State of Iraq and the Levant (ISIL) extremists engaged in two new firefights, with Canadian troops neutralizing their attackers.

The elite troops were helping Kurdish commanders plan for an upcoming operation and twice came under direct fire while visiting the largely static front lines near Irbil, the military revealed on Monday. In both cases the Canadian troops returned fire and "neutralized" the threats, said navy Capt. Paul Forget in a weekly technical briefing.

THE CANADIAN PRESS

Employment

## Feds may be ready to talk internships

The parliamentary secretary to Labour Minister Kellie Leitch is meeting this week with various stakeholders about unpaid interns.

"This is the first time that we've heard from the federal government on this; they've been completely silent until now," said Claire Seaborn of the Canadian Intern Association.

NDP MP Laurin Liu's bill would limit the use of non-educational internships in federally regulated industries by ensuring all unpaid internships are either linked to an educational program or the internship primarily benefits the intern, not the employer. THE CANADIAN PRESS

A man strolls on a walking path Monday at Liberty State Park, with the Statue of Liberty in the distance, in Jersey City, N.J. The Philadelphia-to-Boston corridor began shutting down as a monster storm moved through the northeast.

JULIO CORTEZ/THE ASSOCIATED PRESS

# Northeast U.S. braces for storm

**Weather.** Flights cancelled, government offices closed, shopping lines crammed as people brace for blizzard

More than 35 million people along the Philadelphia-to-Boston corridor rushed to get home and settle in Monday as a fearsome storm swirled in with the potential for hurricane-force winds and one to three feet of snow that could paralyze the Northeast for days.

Snow was blowing sideways with ever-increasing intensity in New York City on Monday as flurries began in Boston. Forecasters said the storm would build into a blizzard, and the brunt of it would hit late Monday and into Tuesday.

More than 6,500 flights in and out of the Northeast were cancelled, and many of them may not take off again until Wednesday. Schools and businesses let out early, government offices closed and supermarkets were hammered with shoppers stocking up on food.

All too aware that snowstorms can make or break politicians, governors and mayors moved quickly to declare emergencies and order the shutdown of streets and highways to prevent travellers from getting stranded and to enable plows and emergency vehicles to get through.

The National Weather Service issued a blizzard warning for a 400-kilometre swath of the region, meaning heavy, blowing snow and potential whiteout conditions. Forecasters warned that the wind could gust to 120 km/h or more along the Massachusetts coast.

New York City's subways and buses were suspended at 11 p.m., and commuter railroads across the Northeast also announced plans to stop running overnight. Most flights were cancelled out of the region's major airports.

Authorities banned travel on all streets and highways in New York City and Long Island and warned that violators could be fined $300. Even food deliveries were off-limits on the streets of takeout-friendly Manhattan.

Shopping-cart gridlock descended on Fairway, the gourmet grocery on Manhattan's Upper West Side. The meat shelves were all but bare as customers shoved past each other. On Broadway, the checkout line stretched for a block as the wind and snow picked up. Store employees said it was busier than Christmastime.

Another sign that people were hunkering down at home, Fresh Direct, a grocery delivery service in the Northeast, said it had seen a rise in orders for "movie-day" snacks such as microwave popcorn and cookies. THE ASSOCIATED PRESS

**Flights**

**Airline travellers are going nowhere fast because of the blizzard bearing down on the Northeast. By mid-afternoon Monday, about 6,500 U.S. flights through Tuesday had already been scrubbed, according to tracking service FlightAware.com. Around 1,700 flights had also been delayed. Cancellations and delays are likely to spill over into Wednesday.**

**Terrorism**

## ISIL praises Ottawa attack

The spokesman for the Islamic State of Iraq and the Levant, named Abu Mohammed al-Adnani, has praised the gunman who killed a Canadian soldier at the National War Memorial in October and is calling on Muslims living in Western countries to carry out attacks. THE ASSOCIATED PRESS

**Rev. Libby Lane**

## Male-only leadership ends in Church of England

The male monopoly in the leadership of the Church of England ended Monday, as the institution consecrated its first female bishop. The Rev. Libby Lane became the eighth Bishop of Stockport in a service at York Minster.

THE ASSOCIATED PRESS

**Security**

## Drone flight over White House raises questions

A small drone flying low to the ground crashed onto the White House grounds before dawn Monday, triggering a major emergency response and raising fresh questions about security at the presidential mansion. A man later came forward to say he was responsible and didn't mean to fly it over the complex.

The man contacted the Secret Service after reports of the crash spread in the media, a U.S. official said. The man told the agency that he had been flying the drone recreationally. He is co-operating with investigators.

The drone crashed on the southeast side of the White House grounds just after 3 a.m., Secret Service spokesman Brian Leary said.

THE ASSOCIATED PRESS

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Full rules: https://www.cibc.com/client-appreciation-day-contest

# EU creditor nations hint at Greece compromise

**Bailout.** Eurozone leaders open to dialogue on debt issues after radical left-wing party win

The election in Greece of a radical party that wants to overhaul the country's bailout program raises new uncertainties for the eurozone.

Financial markets took in their stride on Monday the victory of the left-wing Syriza party after several leaders in the 19-country eurozone suggested they were open to discussing how to lighten Greece's debt burden. The country has since 2010 needed 240 billion euros (about $336 billion) in loans from fellow eurozone countries and the International Monetary Fund to avoid bankruptcy.

The talks are expected to be tough and protracted, however, as regional heavyweight Germany has so far taken a hard line on debt in Europe.

Syriza is calling on the eurozone to ease the spending cuts and tax increases required in Greece's bailout program and lighten the country's rescue loans. The debt is at a level many economists think is unsustainable.

A tough stance by either side could, some fear, cause Greece to fall out of the euro, a development that could cause huge turmoil for Europe and the currency union.

Syriza leader Alexis Tsipras joined with the small right-wing Independent Greeks party, united mostly in their opposition to the austerity measures imposed by the other eurozone nations in exchange for the loans. The tough spending cuts and tax hikes were meant to reduce debt but have also put the economy through a depression, causing unemployment and poverty to surge.

THE ASSOCIATED PRESS

## Industry fights sour attitude toward milk

A grocery-store employee stocks dairy products in Denver. As Americans continue turning away from milk, an industry group is pushing back at its critics with a "Get Real" social-media campaign launching Tuesday. Milk's wholesome image is being muddied by diet trends and divergent attitudes about nutrition. The Milk Processor Education Program, which represents milk companies, says the breaking point came when a study suggested drinking lots of milk could lead to earlier deaths and higher incidents of fractures. THE ASSOCIATED PRESS FILE

**Faulty-switch crashes**

## Expert determines 50 deaths eligible for compensation

With only five days left before the deadline to seek payments, compensation expert Kenneth Feinberg has decided that 50 death cases are eligible for money due to crashes caused by faulty General Motors ignition switches.

Feinberg, who previously handled payments to victims of the 9/11 terrorist attacks and the BP oil spill, determined as of Friday that the families of 50 people killed and 75 people injured are eligible for payments. The fund has received 338 death claims and 2,730 claims for injuries. Of those, 58 death claims have been rejected as ineligible for compensation, as have 328 injury claims. THE ASSOCIATED PRESS

**Market Minute**

DOLLAR 80.23¢ (-0.26¢)

**Natural gas:** $2.881 US (-10.5¢)
**Dow Jones:** 17,678.70 (+6.10)

**TSX** 14,797.83 (+18.48)

**OIL** $45.15 US (-44¢)

**GOLD** $1,279.40 US (-$13.20)

**Jobs**

## IBM denies report of 100,000 layoffs

Calling it "ridiculous" and "baseless," IBM on Monday dismissed a report that said it plans to lay off one in four of its workers, or 100,000 people.

IBM previously has announced layoffs affecting "several thousand people," only "a small fraction" of the number predicted last week by a blogger on Forbes.com, IBM said.

Between Thursday, when the report was posted and Monday morning's denial, IBM shares rose four per cent. IBM is confronting a sales slump as it struggles to adapt to changes in the way businesses buy software and other commercial technology. THE ASSOCIATED PRESS

On January 28

put a little

into somebody's

day

January 28 is Bell Let's Talk Day. For every text, mobile or long distance call made by a subscriber*, and tweet using #BellLetsTalk, Bell will donate 5¢ more to mental health initiatives across the country.

#BellLetsTalk

Clara Hughes

Bell Let's Talk

bell.ca/letstalk

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VOICES

# VOTE FOR WHERE THE SERVICE WILL BE

A yes vote for the regional congestion-improvement sales tax is a vote for all those things, and more, that transit enables — whether you use it at the moment or not

**YOUR RIDE**
Karen Quinn Fung

Skate to where the puck is going to be — so that well-worn chestnut from a national hero goes. I'm not much of a hockey fan but I do know sound planning advice when I hear it.

So it goes for transit, too. At its heart, the referendum on a regional congestion-improvement sales tax is about making sure the region is there to get the puck to score our goals in the face of the coming challenges.

We know our population will grow — people already here will have children; people will seek opportunities that compel them to move here; some will choose to settle and feel secure enough to have their loved ones join them.

No more and no less than what we hear in the stories of our friends, co-workers and neighbours when we ask how they've come to be here.

Transit takes time to build; so do transit-friendly neighbourhoods. Hearing about the proposal for transit, walking and cycling improvements, it's too easy to say: "Too much. What's in it for me? What I buy right now with the money ($135 or $258 per year, depending on who you ask), we'd pay to this tax?"

Two-hundred-and-fifty-eight dollars a year sounds like a lot of money when you compare it to the abstract idea of more bus service — especially if you never use the bus, feel like you can't even if you did want to and don't know anyone around you who does.

A man walks in front of the No. 16 bus in downtown Vancouver on Thursday. JENNIFER GAUTHIER/METRO

But it's the wrong question. The question should be, "What will this tax buy us as a region that you won't be able to for yourself in 10 or 20 years?"

More transit service throughout the region means more seniors (me, or my parents?) able to live in walkable neighbourhoods they are familiar with and have friends in, regardless of their driving or economic status.

It means young people gain independent movement to enrich their learning and civic engagement, freeing up their parents (a future me?) from time spent shuttling people around.

It means less space required for parking and more green spaces, public spaces and preserved or restored natural habitat (and cleaner air).

Imagine your household saves that $258 (just one guess) for the years until these projects are realized.

You could maybe buy one thing with equivalent benefits to those that I've listed. But not all of them, and not without moving.

A yes vote is a yes to all those things, and more, that transit enables. I was that teenager, I might be that parent and, with time, I'll be that senior. And I'll vote yes, because I will want to have those choices — and I think you should have them too.

**DO YOU HAVE A TRANSIT IDEA?**
Shoot us an email:
vancouver@metronews.ca

*Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.*

# Dal whistleblower deserves gratitude, not condemnation

**STEPHEN KIMBER**
readers@metronews.ca

**In defense of Millet**

**He could have looked the other way in the face of the offensive posts, or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.**

The irony is we might not know to be outraged if not for a man many of us are outraged at. We have a complicated relationship with those who blow whistles on bad behaviour: Think Edward Snowden, Chelsea Manning and, now, Ryan Millet.

Millet, a 29-year-old fourth-year Dalhousie University dental student, was one of 13 members of the infamous Facebook group "Class of DDS 2015 Gentlemen." Millet claims someone added his name when he began dentistry in 2011 and he was more a lurker and occasional "liker" than an active participant.

Some posts were a "little over the top," he conceded in a Jan. 17 interview with the Halifax Chronicle-Herald. But, except for one offensive post (which he successfully asked Facebook to delete), he says most conversations — from taunts about favourite football teams to links to YouTube videos — were standard social-media fare.

That changed on Dec. 6, 2014, when one member posted a poll inviting the others to vote on which of two female classmates they'd prefer to "hate f—." Several voted.

Shocked, Millet showed the post to one of the women and eventually gave her his Facebook login so she could document what he calls a "targeted, hateful, sexualized, violent attack" and complain to the university.

Three days later, on Dec. 15, the story went public, then viral.

More than 50,000 people signed an online petition demanding Dalhousie expel all the "Gentlemen," including Millet (who had left the group and deleted his Facebook account after providing the login information).

The university has since segregated all 13 from their peers. They're indefinitely suspended from performing clinical work, which they must complete to graduate.

Millet appealed, pleading his case before the dental school's academic standards committee. (That hearing will resume Wednesday.)

Should Millet be suspended? Or thanked? His social-media and newspaper-comment-section critics — and they're legion — argue he should never have joined the group, quit sooner, spoken up earlier, not "lawyered up" and is only coming forward now to save his professional future. Maybe. But, based on what we know — it's worth noting that what we know so far comes mainly from Millet's lawyer — I believe Millet deserves our gratitude. He could have looked the other way in the face of the offensive posts or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

And ultimately forced the rest of us to confront important, difficult issues. Including how we see those who blow whistles.

*Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.*

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Emma Watson ALL PHOTOS: GETTY IMAGES

# Another one for the books: Emma to star as Disney's Belle

What with all the speeches at the United Nations and Davos about feminism, you might have thought Emma Watson was not that interested in acting anymore. You would be wrong.

Walt Disney Studios confirms that the Harry Potter alum will star as Belle in its upcoming live-action adaptation of Beauty and the Beast, directed by Dreamgirls director Bill Condon.

And honestly, given her public persona, if she was going to play any Disney princess this is the right one, given Belle's book smarts and independence.

So, just so everyone's clear: Emma Watson, still a burgeoning feminist icon, but also a Disney princess. Hey, I wonder if they're planning to address any of the glaring plot holes in this version?

# Mark Ruffalo tweets his SAG Awards acceptance speech

Avengers star Mark Ruffalo was honoured Sunday night by the Screen Actors Guild for his work in the HBO movie The Normal Heart, earning the outstanding performance by a male actor in a miniseries or television movie award.

Only he wasn't there to accept it, as viewers know. Instead, Ruffalo was home in New York where, as co-star Julia Roberts joked, he was "waiting for that Nor'easter."

Actually, Ruffalo is busy filming the sequel to Now You See Me. But he did express his thanks with a groggy Instagram shot.

"Upon waking and hearing from my wife and kids that I won a [SAG Award] for [The Normal Heart.] Love win tonight," he wrote.

And on Twitter, he offered his full acceptance speech: "Special thank you to all my brother and sister actors for this incredible distinction. It's really the one that matters."

He then went on to thank a slew of reps and publicists, as well as his wife and kids.

Who knows, maybe social media acceptance speeches are the future.

At least no one would get played off.

Mark Ruffalo

# Go figure. Ariel Winter throws everyone a curve on the red carpet

Modern Family star Ariel Winter, a 16-year-old actress, hit the red carpet for the SAG Awards this weekend in a very lovely white gown. But in red carpet reports from outlets such as InTouch, E! News, Us Weekly and elsewhere, the focus was noticeably on how much Winter has, ahem, grown. Now, I'm no prude, but this just feels kind of gross, guys. Winter, by the way, turns 17 later this week, if you're looking for some way to feel slightly better about obsessing over a teenager's rack.

Ariel Winter

Kate Middleton

# Aussie mag totally blows its cover on Kate

Maybe it's the result of some barely concealed commonwealth resentment toward the Crown, but an Australian women's magazine — creatively named Women's Day — took some startling liberties with the old Photoshop for its cover photo of universally acknowledged beautiful person Kate Middleton. I guess they decided she wasn't wearing enough makeup? Or she wasn't just plain terrifying enough? Because the results — yikes!

# Um, someone forgot to spell out D-I-V-O-R-C-E to Dempsey

Late last week, Grey's Anatomy star Patrick Dempsey's wife, Jillian Fink, filed for divorce, ending their 15-year marriage.

And while his decision to skip out on some autograph sessions at this weekend's IMSA racing event at the Daytona International Speedway suggests he's grappling with the news, photos from the race itself show Dempsey still sporting his wedding ring.

Maybe it's just force of habit?

Patrick Dempsey

SCENE

# Songz isn't shy about success, he just gets better and better

**Concerts.** We chat with the smooth-talking R&B singer days before he sets out for his Between The Sheets tour with Chris Brown

EMILY LAURENCE
Metro News in New York City

Trey Songz says his secret with the ladies is just "being genuine" with them. CONTRIBUTED

Trey Songz's new single may be called Slow Motion, but it's clear he lives life in the fast lane.

Steadily releasing a new album every two years with A-list collaborations (Trigga boasts hits with Nicki Minaj, Juicy J. and Young Jeezy), his latest debuted at the top of the Billboard 200 list. He also has an endorsement deal with SX Liquors and is gearing up to tour with Chris Brown for their Between The Sheets tour.

We talk to him about his latest successes, plus how he manages to be so damn smooth with the ladies.

**Why he says Trigga is his best album yet**

Songz isn't shy about his success. He says that, with each album, he just gets better and better. "I've grown throughout the years and have become so seasoned, understanding what I mean to R&B music, hip-hop and pop-culture," he tells us. "The music industry is very single driven, so to have a full body of work that I'm very proud of is something I love."

**His tip for always getting the girl**

One listen to tracks like Touchin, Lovin or All We Do shows that Songz doesn't struggle with leaving the club alone. But he says his secret isn't using fame or bottle service, it's being genuine and honest. "It's not about when you're out. It's about when you're talking to a woman and not having it be about anything else except that woman in that moment. Being genuine is going to get you there."

**His thoughts on breakups**

Not all Songz's hits are about one-night stands. What's Best For You is about moving on after a breakup, which is one of the more sensitive songs on Trigga. He doesn't seem to dwell on being broken-hearted. "It's quite simple," he tells us. "A breakup is about separating yourself from somebody, so you need to focus on bettering yourself. Life isn't about getting hung up on moments, it's about making moments."

**On touring with Chris Brown**

Chris Brown has been hyping up his Between The Sheets tour on Twitter and Instagram for months, and Songz shares the excitement, saying to expect a high-energy show. "Have you seen Chris perform? That's reason enough to go. It's going to be great."

Music

## *In the 1970s, size really did matter*

SOUND CHECK
Alan Cross
scene@metronews.ca

I remember the day I bought my first stereo system. With $500 from my first job, I begged my dad to take my 14-year-old self to buy it.

Having devoured magazines like Stereo Review and the annual Radio Shack catalogue, I'd finally decided on what I needed. And despite my parents' begging that I spend my money on something more sensible, I would not be dissuaded. I wanted, needed, a stereo for my bedroom.

These electronics infected me with the audiophile bug, the beginning of an expensive obsession for sound that was bigger, louder and more accurate. Worst of all was the snipe hunt for the best speakers.

If you grew up in the '70s, you know exactly what I'm talking about. We used our stereos as a way of proclaiming our identity to the world.

Back then, music was everything to us.

I don't mean to diminish anyone's love of music today, but you have to understand that we didn't have smartphones, Facebook, Twitter, Instagram, Pinterest, Snapchat, texting, DVRs, computer games, gaming consoles, email, DVDs, Netflix, satellite radio, iTunes, Spotify, Rdio or 500-plus cable TV channels. Plenty of kids didn't even have a local FM rock station. What we had, though, was our stereos.

We bought lots and lots of records. And many of us spent crazy sums on our stereo systems, especially on speakers.

But when the Walkman and boom boxes came along, things began to change. And when we got into the mid-'90s and the home-theatre revolution, people became distracted from old-school, two-channel stereo systems.

Today, far too many people are satisfied with the sound they get from cheap earbuds, tiny Bluetooth units and even laptop speakers. I wish they could experience music like we did.

Now if you'll excuse me, I have to yell at some kids who are on my lawn.

Before iPhone docks, there was the stereo speaker. ISTOCK

# New Kids have a few things to teach today's new kids

**Boy bands.** Success is all about connecting with fans, advise the veteran performers as they head out on tour

The New Kids on the Block may be aging, but they still think they can school today's hot boy bands.

The Boston-based veteran group, which announced a summer tour with TLC and Nelly last week, said contemporary boy bands should check out their live concerts to learn from the experts.

"As far as boy bands, you know, we dance, we perform. I hate to sound like an old fogey, but these kids don't know what they're missing nowadays, because we got to sing and dance for our supper, you know what I mean, and we love to do that," Joey McIntyre, 42, said in an interview at Madison Square Garden in New York City.

"So maybe a few kids could come to the show and see how it's done."

The Main Event tour kicks off May 1 in Las Vegas. Tickets go on sale Jan. 31.

In the past few years, boy bands have resurged, with One Direction leading the pack, followed by 5 Seconds of Summer. Others, from The Wanted to Mindless Behavior, have had some success.

Donnie Wahlberg, 45, said the decades-long bond between New Kids and their fans makes it worthwhile.

"I would rather have the credibility of thousands of fans and have them be happy. That's what we've learned and that's why we're still here," he said.

Wahlberg and McIntyre, along with bandmates Danny Wood and brothers Jordan and Jonathan Knight, began playing together more than 30 years ago. They said they're excited to share a stage with one of the top-selling female groups of all-time and the multi-platinum Nelly. THE ASSOCIATED PRESS

New Kids On The Block will join TLC and Nelly on a North American tour this summer. THE ASSOCIATED PRESS

# Panda Bear's music-making talent is anything but rare

**Record release.** Musician's recent successes have given him the confidence to create even wilder fare

Noah Lennox's show-stealing collaboration with Daft Punk on the melancholy Doin' It Right won him more than a Grammy.

It also gave the man known as Panda Bear validation — affirmation that he apparently still needed even with scores of sterling reviews to his name since debuting as a solo artist in 2004, or as a member of oblique noise-makers Animal Collective.

"More than anything, I felt like it reinforced the idea that the stuff I was making could work and could have some power to it," Lennox said in a telephone interview from New York.

"More than anything, it gave me confidence that it resonated with those guys. It was a proof of concept."

Emboldened, Lennox has just released his grimiest and grooviest record yet in Panda Bear Meets the Grim Reaper.

It's generally agreed that Lennox's masterpiece was 2007's Person Pitch, a record built on his celestial vocal harmonies and a dense bedrock of found sounds. With 2011's Tomboy, he defiantly pared back and submitted to more traditional song structures.

The new record refines that approach, combining the hardest-hitting rhythms of Lennox's solo career with challenging degrees of discord.

Even when he wrote a more-or-less straightforward pop song — the infectious lead single Mr. Noah — he felt compelled to add some obscuring filters.

"I feel like more songs started in that zone, more like forceful and aggressive, and, in the studio, got toned down a bit — or washed out, or blurred," he said.

Once again, his lyrics are more emotionally evocative than literally meaningful, but several music critics — notably in a thoughtful Pitchfork review — have sniffed out a narrative.

A father of two in his adopted hometown of Lisbon, Lennox is presumed to be writing about the weight of responsibility that comes with being a provider.

While he says no interpretation is wrong, he sounds a bit disappointed at that review.

"I really didn't want to do something where I felt like I was writing a diary or a journal or telling stories about my life," said Lennox, 36.

"It was a considerable effort to not feel like I was talking about myself.

THE CANADIAN PRESS

Noah Lennox, a.k.a. Panda Bear
THE CANADIAN PRESS

# Marilyn Manson is still bleak but now has a bit of the blues

**New album.** Shock rocker's artistic vision is no less violent, but his latest work taps the sounds of the Mississippi Delta

Marilyn Manson thrived on shock value as the Goth rocker and self-proclaimed Antichrist Superstar rose to prominence in the 1990s.

Now approaching middle age, Manson's vision is no less violent, but he has found a more subtle musical outlet: the blues.

The Pale Emperor, Manson's first album in three years, moves beyond the searing aggression of distorted guitars and synthesized minor chords that helped define him as he became one of rock's most controversial stars.

The opening track on the new album, Killing Strangers, starts with the heavy thump of bass and drums familiar to longtime fans but is immediately followed by a guitar that owes more to Mississippi Delta bluesmen than to the heavy metal that was Manson's most obvious influence.

The two genres are hardly strangers, as heavy-metal pioneers Black Sabbath created the band's sound from blues roots.

Manson strikes a new balance in songs such as The Mephistopheles of Los Angeles and Cupid With a Gun, with the melancholic expressivity of the blues playing off the thundering darkness of the metal rhythm section.

Marilyn Manson says he wanted to shake up his sound. GETTY IMAGES

Manson said he is drawn to the gritty quality of the blues, and wanted to shake up his sound for his ninth studio album.

"The redneck in me comes out in my voice, and it's got some old blues mixed with the very hard elements," Manson, who grew up in a working class family in Ohio, told the British metal magazine Kerrang!

While saying he wanted to preserve strong qualities in his past music, the singer who relishes shock value feared he had become too predictable.

"If there's no chaos, things are just linear. There always has to be someone who wrecks the game plan that everybody has," Manson told the magazine.

Manson has sowed plenty of chaos during his career.

His tour for his 1996 album Antichrist Superstar was full of angry passion, with Manson — decked out in horror-film-like makeup — scandalizing many Christians by tearing apart copies of the Bible on stage.

The singer came under intense attack after the 1999 massacre at Columbine High School in Colorado, where the teenage gunmen were reported to have listened to his music.

Manson, who has said that his views on organized religion were inspired by Nietzsche, steadfastly denied responsibility for the killings and insisted that U.S. society needed a scapegoat.

Manson, who recently turned 46, has not changed his world view. On Killing Strangers, he once more belittles society for a selective condemnation of violence, singing, "We're killing strangers, so we don't kill the ones that we love."

His theological views come out again on The Devil Beneath My Feet, as he sings, "Don't want your God and his higher power" and, using an expletive, "Don't need (someone) looking down on me."

Manson attributes his persona in part to his childhood as, in a seemingly ordinary church-going family, he would observe his grandfather sneaking out to indulge in bestiality pornography. But Manson was close to his mother, whose death last year affected him.

With the music pared down, Manson hinted that his more sensational stage persona may also be on its way out.

"That P.T. Barnum aspect of Marilyn Manson has sort of evaporated," he told Rolling Stone, referring to the circus legend. AFP

# Single. Rihanna goes for acoustic sound with McCartney and Kanye

Rihanna, who has topped the charts with a pop-driven R&B sound, has unveiled a new acoustic song in a collaboration with Paul McCartney and Kanye West.

Rihanna released the new single, Four Five Seconds, unexpectedly January 24.

The song features the Barbados-born singer's signature robust voice but has a minimal backdrop of McCartney's guitar strumming without percussion or electronic elements, along with verses sung by rapper West.

The track is the latest collaboration between West and McCartney, who also released a song on New Year's Day after the two stars met each other in Los Angeles.

Four Five Seconds is a song about personal travails and confusion, with Rihanna singing, "We got three more days 'til Friday / I'm just trying to make it back home by Monday morning."

The song could offer hints at the directions of both Rihanna and West, who are separately expected to unveil new albums this year.

Rihanna, who has released seven studio albums, has become an international superstar with electronic-dominated songs such as the ballad Diamonds and the danceable Only Girl (In The World).

Her music has at times been overshadowed by her turbulent relationship with fellow singer Chris Brown, who pleaded guilty to assaulting her in 2009.

AFP

Rihanna has released a new single with Paul McCartney and Kanye West. AFP

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# Skip that detox or cleanse

**Nutrition.** Try eating clean instead of 'flushing your system'

While the thought of starting a detox or cleanse could be appealing, it might not have the desired effect.

The idea that you can flush impurities out of your system by cleansing it with juices or tablets is eschewed by registered dietitian Zannat Reza.

Many detoxes are simply low-calorie potions or juice cleanses. "Like, what are you getting there? Not much of anything," she says. "Definitely not calories, not enough nutrients, no probiotics."

In fact, the result can be dehydration, headaches, dizziness, nausea, vomiting and lack of energy. Harmful effects include low blood sugar, low or high blood pressure, detrimental interaction with medications, and vitamin and mineral deficiencies, Reza says, citing research from organizations including Dietitians of Canada and the Mayo Clinic.

"And for people who are looking to lose weight, what it does is it actually slows down your metabolism, so your body thinks it's starving. Slowing down your metabolism really is not the smartest thing to do to lose weight," she says.

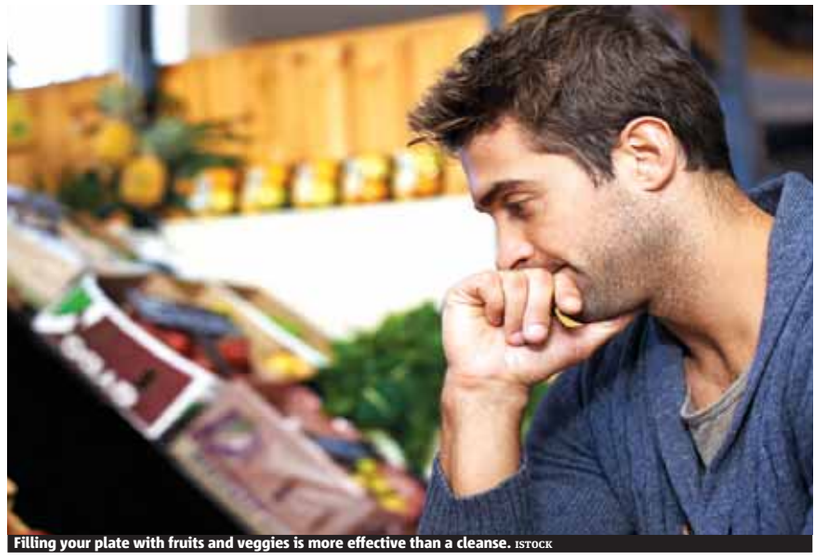
Instead, the Toronto dietitian suggests "clean eating," with a focus on fruits and vegetables, whole grains and lean proteins, which will also help boost the immune system, especially at this time of year when cold and flu bugs are rampant. But healthy food is only one piece of the puzzle. It's also important to get enough sleep, exercise and wash hands well in warm soapy water.

Most Canadians don't eat enough fruits and vegetables. The recommendation is to fill the plate with fruits and vegetables at every meal and snack.

Whole grains supply B vitamins and folate. Those with celiac disease or an intolerance to gluten can consume whole grains that don't contain the protein composite in brown, black and wild rice, amaranth, buckwheat, millet and teff and seeds like quinoa.

Vitamin D is added to milk, soy and rice beverages, orange juice and margarine and is also found in salmon and sardines, egg yolks and fortified yogurts.

"Because it's wintertime one of the recommendations is to take a vitamin D supplement just because we don't get enough sunlight and our skin doesn't get enough exposure to make vitamin D in the winter months," Reza says. THE CANADIAN PRESS


Filling your plate with fruits and veggies is more effective than a cleanse. ISTOCK

## Plant-Power Soup With Kimchee

This antioxidant-packed soup is chock-full of cancer-fighting vegetables. You're also getting a wallop of vitamins A and C, both needed to boost your immune system.

1. In pot, heat canola oil over medium heat. Cook onion 3 mins. until it starts to soften.

2. Add garlic, broccoli, cauliflower, carrots. Cook 5 mins. until broccoli bright green.

3. Add curry powder, broth and salt. Bring to boil. Cover and simmer 20 minutes until vegetables are tender.

4. Blend veg mix using handheld immersion blender. Stir in milk. Ladle into bowls and garnish with kimchee.

- 15 ml (1 tbsp) canola oil
- 1 medium onion, diced
- 15 ml (1 tbsp) minced garlic
- 500 ml (2 cups) each broccoli and cauliflower florets; diced carrots
- 2 ml (1/2 tsp) curry powder
- 1 carton (900 ml) no-salt chicken broth
- 2 ml (1/2 tsp) salt
- 250 ml (1 cup) milk
- Kimchee, for garnish (15 ml/1 tbsp per serving)

## Hearty Chicken Noodle Soup With Turmeric

Turmeric, an anti-inflammatory, can help boost your immune system.

1. In pot, heat canola oil over medium heat. Brown chicken, about 5 minutes, and remove to a bowl.

2. Add onion, garlic, ginger, carrots, mushrooms, celery and seasonings to pot. Cook 4 minutes. Add broth and bring to boil. Return chicken to pot. Add egg noodles and lentils. Cover and simmer for 15 minutes. Remove from heat and stir in lemon juice.

- 15 ml (1 tbsp) canola oil
- 6 to 8 chicken thighs, cut into chunks
- 1 medium onion, diced
- 30 ml (2 tbsp) minced garlic
- 15 ml (1 tbsp) minced ginger
- 500 ml (2 cups) sliced carrots (quarter lengthwise and slice); sliced mushrooms
- 250 ml (1 cup) sliced celery
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) turmeric
- 5 ml (1 tsp) salt (adjust to taste)
- 1 ml (1/4 tsp) black pepper
- 1 ml (1/4 tsp) cayenne
- 2 cartons (each 900 ml) no-salt chicken broth
- 500 ml (2 cups) egg noodles
- 1 can (540 ml/19 oz) lentils
- 50 ml (1/4 cup) lemon juice

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# What's going on inside your body?

JACQUELINE KOVACS
For Metro

You may have a cold or the flu but not know it. That's because it can take hours to days before the associated miserable symptoms take their nasty hold, says Bryce Wylde, associate medical director of Toronto's P3 Health and host of TV's Wylde on Health.

Here is the inside scoop on what happens to your body when a cold or flu virus invades.

**The virus finds its way in**

"Whether it's a cold or flu virus, they are spread by droplets when people sneeze, cough, share a drink or by direct contact," said Wylde, explaining that both viruses ride on people's mucus secretions. "You are viral many hours to days before you express symptoms."

**The attack begins**

"Whether it's cold or flu, the virus hijacks the cells in our upper respiratory tract," Wylde said. But while a cold virus will primarily affect the nose and throat without actually killing the cells, a flu virus will often go deep into the lower part of the lungs and kill certain tissues.

**Your body defends itself**

"The immune system responds by signalling what are called inflammatory proteins, known technically as cytokines," Wylde said. "This is sort of like the generals in charge of your immune system yelling out to the troops, 'Attack, that thing is foreign.'"

And the action of cytokines is what causes you to start producing mucus, develop a fever, aches, pain, perhaps nausea and diarrhea — all in an effort to rid your body of the attacking flu virus. Milder in a cold, the immune defence reaction tends to be a runny nose and cough, but the goal is the same — eliminating the virus from the body.

It can take hours to days before the associated miserable symptoms of a cold or flu take their hold. SHUTTERSTOCK

"Colds can have so many different symptoms," Wylde said. "But with flu, which is more serious, what almost always happens is fever and a bad cough, as well as aches, pains and mucus secretion. Usually with a cold, you don't get a fever unless you're an infant."

**You adjust your behaviour**

You feel lousy — achy, tired, maybe nauseous, and you head to bed for badly needed rest. And that's just what you should do. "Recognize that sleep is the body's opportunity to heal itself," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital. "Often, the messaging we get from our bodies when we're sick is that we're tired and we want to rest. This is one of those times when it can be useful to listen to your body."

And if your body says it's not hungry, Wylde said, that's OK, too.

"Eating causes the digestive system to use a lot of energy and can also distract the immune system."

That said, Wylde said staying hydrated by drinking water, green tea, soup and other fluids is essential. Symptoms such as increased mucus flow, vomiting, diarrhea and perspiration means you are losing lots of important fluids.

**The worst is over**

"Once your fever is starting to come down unaided that's the sort of crossover — you're winning the battle," Wylde said.

"Antibodies are designed by the body to recognize the virus, so as soon as it has invaded other cells, circulating antibodies give the immune system the heads up and they destroy the cell."

Colds, however, can linger because the immune response is less intense since the threat is less deadly, Wylde said. For that reason, too, it's hard to pinpoint when the virus has peaked.

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# Don't squash those comfort food dreams

**Dinner.** This stuffed squash dish with a creamy bean filling is healthy but will leave you feeling warm and satisfied

**NUTRI-BITES**
Theresa Albert
DHN, RNCP
myfriendinfood.com

Everything stays in the picture in this high nutrient meal. The seeds get baked separately and become a garnish, the squash skin becomes a bowl and you get fed fast.

This stuffed squash recipe makes four servings. THERESA ALBERT

**Ingredients**

- 1 large or 2 small acorn squashes
- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic
- 28 ounce can kidney beans, drained
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ cup Greek yogurt herb and garlic spread
- ½ cup cherry tomatoes

## Directions

**1.** Turn oven on to 400 F. Slice squash in half if small or in quarters if large. Scoop seeds onto a piece of foil and stir in half of the oil, breaking up any squash fibres but do not rinse or remove. Place seeds into oven on top shelf. Bake seeds until the squash is cooked (see step 3). Turn periodically, remove if they brown too quickly.

**2.** Place squash on a plate and microwave for about 10 minutes while you prep the creamy bean filling.

**3.** In a pot, cook onions over medium heat in a drizzle of oil, stir in garlic and kidney beans. Add herbs and spread. Warm through for 5 or so minutes. Stir in sliced halved tomatoes Turn squash sections into a baking dish and fill with filling, place into oven for 10 minutes. Top squash with seeds.

**Seeds**

## *It's what's inside that counts*

Pumpkin seeds aren't just for Halloween anymore. (Or something.) Who writes the headline for a lowly seed that sits inside a squash or pumpkin and often gets scooped and tossed? The truth is that it is a treasure trove of nutrients that are often ignored because you don't know how to handle their slimy mess. Generally speaking, seeds contain all of the nutrients that would become the whole vegetable and then some. That ¼ cup of muck that you throw out has:

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- Contains 3 grams of protein
- The potential as a great ingredient in salads, soups or pesto sauces in place of nuts
- Tons of vitamin A, C and Zinc. Three nutrients that help boost immunity
- Storable and versatile.

Simply pull them out of your squash (no matter what type) with a large spoon and lay on a sheet of foil. Use the back of a fork to mix in 1-3 teaspoons of olive oil, spices (Italian seasoning, curry powder, chili powder or something else of your liking), bake at 400F for 10-15 minutes, guck included. Any strings and vegetable matter will only add flavour and nutrients as it bakes, no need to rinse or pick through.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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# Recipe. Punch up your peppers with goat cheese and shiitake mushrooms

Here is a version of stuffed peppers with plenty more appeal.

**1.** Heat the oven to 350 F. Coat a 9-by-9-inch baking dish with cooking spray and set aside.

**2.** Slice 1/2 inch off the top of each pepper, then scoop out and discard any seeds and ribs. Set aside.

**3.** In a medium saucepan, combine the rice and chicken broth. Bring to a boil, then reduce to a simmer, cover and cook for 35 to 45 minutes, or until all the broth is absorbed.

**4.** While the rice cooks, in a large skillet over medium-high melt the butter. Add the mushrooms and season with just a pinch of salt and pepper. Cook until most of the water has been released from the mushroom and has also evaporated, 6 to 8 minutes. Add the shallots, garlic, celery and onion and continue to cook until the onion and celery are tender, another 5 to 6 minutes.

**5.** In a large bowl, combine the rice, mushroom mixture, chicken, marjoram and goat cheese. Season with salt and black pepper. Spoon the mixture into the peppers and place in the prepared baking dish. Bake for 30 minutes, or until the peppers are tender.

THE ASSOCIATED PRESS

**Ingredients**

- 6 large red bell peppers
- 1 cup japonica rice
- 2 cups low-sodium chicken broth
- 2 tablespoons butter
- 5 ounces shiitake mushroom caps, thinly sliced
- Kosher salt and ground black pepper
- 1/4 cup chopped shallots
- 3 cloves garlic, minced
- 2 ribs celery, diced
- 1 small yellow onion, diced
- 2 cups chopped or shredded cooked chicken
- 2 tablespoons chopped fresh marjoram or oregano
- 4 oz crumbled goat cheese

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LEARNING CURVE
Tuesday, January 27, 2015

Graham and Nelson Talbot are one of 10 finalists in the Doritos Crash the Super Bowl contest. CONTRIBUTED

# Looking to crash the party

DANIEL HENDRIKSEN
For Metro

Each year during the Super Bowl, the TV commercials are almost as, if not more, popular than the game itself. This year, a Simon Fraser University (SFU) graduate has a good chance of having his 30-second ad played during the big game.

Graham Talbot is one of 10 finalists in the Doritos Crash the Super Bowl contest. If his commercial is voted as the best, it will be played during the Super Bowl and Talbot will win $1 million and a year-long job at Universal Studios. Just for being selected as a finalist, Talbot and his brother, Nelson, who he collaborated with on the commercial, have won $25,000 and a five-day trip to Phoenix to watch the Super Bowl from a private box.

This is the second time the brothers have competed in the contest, having made the semifinals under Nelson's name last year. The brothers are both grads of SFU's film program and credit their education to getting them to where they are today.

**Artistic vision**

**"I loved my SFU film experience. Not only did it craft my artistic vision, but it also shaped me as a person."**
Graham Talbot, a Simon Fraser University graduate

"I loved my SFU film experience," Graham said in a press release. "Not only did it craft my artistic vision, but it also shaped me as a person. I'm just very happy to have gone to that school, it's been a big part of where I've gotten to in my life."

The Talbot brothers' entry into this year's contest is called When Pigs Fly and features a young boy who wants a local farmer to share his Doritos with him, but is told he can only have some "when pigs fly." The boy accepts the challenge and launches a pig into the sky using a rocket. After that, the farmer has no choice but to share his chips with the child.

To learn more and to vote for the Talbot brothers, visit crashthesuperbowl.doritos.com/finalists.

# KPU. Scholarship will help with travel

A third-year Kwantlen Polytechnic University (KPU) fashion design and technology student, who was born and raised in the Ukraine, was the recent winner of a premier's international scholarship.

Yuliya Yaremenko

Yuliya Yaremenko, who grew up in Kyiv, is one of 16 students to receive the award this year. The scholarship is hosted through the Irving K. Barber British Columbia Scholarship Society and is awarded each year to B.C. students who intend to study abroad.

For Yaremenko, the $6,000 will come in handy as she plans on travelling to Australia in February for a semester at the Royal Melbourne Institute of Technology. In a press release, Yaremenko said she was happy to learn that she won a scholarship.

"I felt tremendous financial relief," Yaremenko said. "And afterwards, excitement, and then inspiration. This will open up more doors for me in terms of what I can achieve with this international experience."

The well-travelled student said she chose to come to KPU and attend the Wilson School of Design in Richmond because of its reputable design program, which provides a well-rounded and studio-based fashion education, with courses that emphasize the technical and business components of the industry. She is now hoping to expand her educational horizons with the semester in Australia.

"I don't know what to expect, but I'm so excited," Yaremenko said.

Other students among the 16 winners of this year's premier's international scholarship include: Samantha Chan and Claire Sieffert of Simon Fraser University; Haley Cooper and Audra Toews from the University of the Fraser Valley; and Kelsey Craver of the British Columbia Institute of Technology.

For more information on KPU's international exchange opportunities and scholarship funding, visit kpu.ca/international.

DANIEL HENDRIKSEN/FOR METRO

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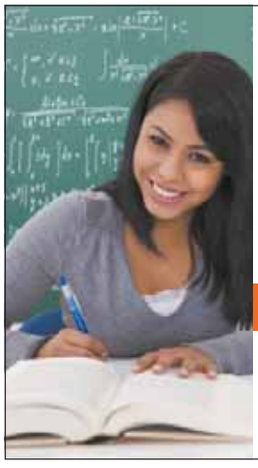
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# Providing necessary tools

DANIEL HENDRIKSEN
For Metro

With the goal of providing scientists and engineers the tools necessary to commercialize their inventions, Simon Fraser University (SFU) has announced a new graduate certificate in science and technology commercialization program.

The part-time course will be offered through SFU's Beedie School of Business, and will teach how to develop the framework and techniques needed to create commercialization for their existing business or start-up company.

Those eligible to apply for the course are graduate or post-doctoral students and recent alumni of both SFU and UBC graduate programs in science, engineering, health and environmental sciences.

SFU professor of technology management Elicia Maine has been named the academic chair of the new certificate. She spoke in a press release about the need for the certificate program.

Elicia Maine, SFU professor of technology management. CONTRIBUTED

"More than 80 per cent of our science and engineering PhD graduates do not go on to academic jobs, yet while at university they are not taught the skills for commercializing lab research," Maine said.

Students will assess opportunities, prioritize markets, manage innovation, profit from uncertainty, arrange financing, take leadership, and develop and validate a business model. Students will also be permitted to take part in New Ventures BC's entrepreneurship competition.

Courses in the curriculum include opportunity identification and assessment, financial literacy for entrepreneurs, leadership and managing teams, and financing the new venture.

Applications for the program are being accepted with a deadline of April 1. The first cohort will get underway in September.

For more and to apply, visit beedie.sfu.ca/commercialization-certificate.

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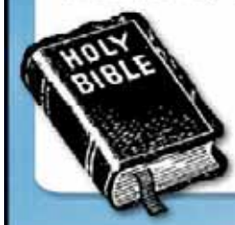


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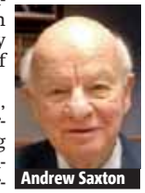
## Philanthropist honoured by Justice Institute

During its winter convocation next month, the Justice Institute of British Columbia (JIBC) will present business leader and philanthropist Andrew Saxton with an honorary doctors of law degree.



Andrew Saxton

Saxton, the chairman of King George Financial Corporation, has been a longtime supporter of charitable organizations.

The honorary degree from JIBC will add to an impressive collection of awards for his charitable contributions, including the distinguished service award from the Heart and Stroke Foundation of Canada, the Queen's Golden and Diamond Jubilee awards, and the honorary alumnus award from the University of British Columbia.

JIBC will present Saxton with his honorary doctors of law degree at the school's winter convocation on Feb. 12. The ceremony will take place at the New Westminster campus, beginning at 1:30 p.m.

DANIEL HENDRIKSEN/FOR METRO

# Program scores with WHLers

DANIEL HENDRIKSEN
For Metro

A unique pilot education program for Western Hockey League (WHL) student players recently launched through a collaboration between the Vancouver Giants of the WHL and Kwantlen Polytechnic University (KPU).

The program is designed to allow athletes the opportunity to study at the university level despite their hectic travel schedules. Individual academic advising, weekly sessions with an instructor and KPU student-athlete peer tutoring are all included.

"This exciting program gives these talented student athletes the ability to pursue their athletic ambitions while not having to sacrifice a post-secondary education to do so," KPU president and vice-chancellor Dr. Alan Davis said in a media release. "KPU is committed to supporting students as they pursue quality education both inside and outside the classroom. This new educational platform is the first of its kind at KPU, and will support our student athletes as they seek success as Eagles and as Giants."

The first cohort, with 10 student athletes, wraps up March 12, after which the players will potentially have access to courses in journalism, communications, criminology and psychology.

The plan is to develop the program into a more comprehensive educational platform in order to allow WHL players to pursue their post-secondary academic aspirations while continuing with their junior hockey careers.

Kwantlen Polytechnic University president and vice-chancellor Dr. Alan Davis, third from left, drops the puck at a recent Vancouver Giants game with, from left, academic program participant Thomas Foster, Giants co-owner Lewis Bublé, and Matt Bradley, from the Medicine Hat Tigers. CONTRIBUTED

**Douglas to host CCAA volleyball championships**

Douglas College will be the host of the 2016 Canadian Collegiate Athletic Association (CCAA) men's volleyball national championships.

Douglas' New Westminster campus will play host to the event March 9-12, 2016.

"We are confident this event will serve as a platform for high-performance sport, student engagement, and experiential learning for the participating teams and the entire college community," Douglas manager of athletics Brian McLennon said in a press release. "Douglas College is excited and privileged to host our fellow member institutions from across the country in 2016."

The Royals' are one of the top volleyball teams in both the PACWEST and CCAA — in the latest national rankings, the team was ranked No. 1 in the country.

METRO CUSTOM PUBLISHING

# Five reasons to earn an MBA

Are you thinking about getting an MBA? Here are five reasons you should:

**1** Get paid: Employer research conducted by QS shows that MBAs in Canada and the U.S. earn $128,600 US on average (taking bonuses into account).

**2** Change your life: MBA skills will allow you to change your industry, function or geography. Or maybe you can finally launch that start-up with your new contacts and business acumen.

**3** Make friends and influence people: The international makeup of an MBA classroom (many Canadian schools are more than 50 per cent international) means you can build a global network. And that's before you factor in the alumni network.

**4** Get hired: The skills you will build from a good MBA program — both of the hard and soft varieties — will endear you to employers for whom you want to work. New opportunities for MBAs increased by 10 per cent in 2014 in North America (QS research); nine per cent growth is predicted this year.

**5** Learn something: The MBA is the high watermark of advanced business education. One thing is for certain, you are going to know a thing or two about business and management when you are done.

The QS World MBA Tour visits Vancouver on Thursday. Learn more and register to attend to meet some of the world's top business schools at topmba.com/VancMetro.

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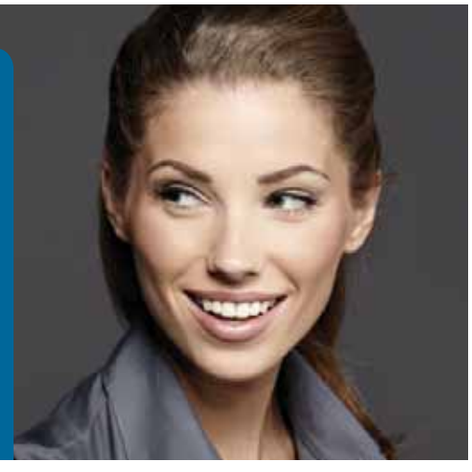


Barbara Rowland and Francisco Gaspar.
CARRICE WONG PHOTO

# A CHANCE TO CHALLENGE YOURSELF

## ADULT EDUCATION

After graduating high school, Francis Gaspar dreamed of travelling the world.

During his journey, he landed a position at a Bolivian orphanage, where he cared for abandoned children and babies.

After his own bout of health issues and seeing the support that he received from those he helped, he decided to pursue a career where he could help others.

"Volunteering and seeing the world opened my eyes and made me realize I really want to help people," says Gaspar, a student in the adult education program offered through the Vancouver School Board.

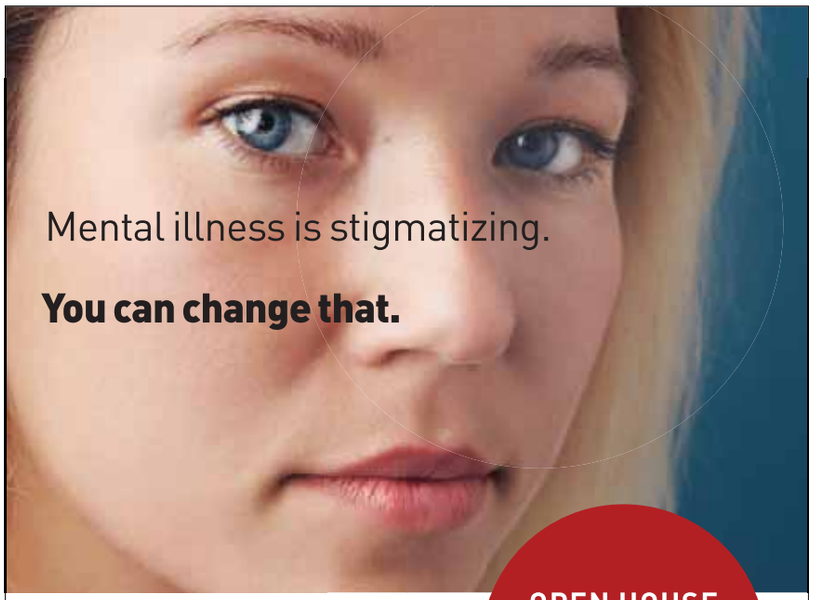
With the goal of becoming a nurse, Gaspar enrolled at the South Hill Education Centre to upgrade his English, math and biology.

"Whether it is to be an artist or doctor, you can be who you want to be as a person in this life, pursue it, and challenge yourself," Gaspar says.

And with the help of instructors like Barbara Rowland, he is closer than ever to his goals.

"It all comes back to the students," Rowland says. "I believe that every day I am able to help a little in some remarkable people's lives and make a difference so they can get to the next stage of their incredible journeys."

For more, visit adulted.vsb.bc.ca.

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As a non-profit institution, Adler University's mission is to continue the pioneering work of Alfred Adler, the first community psychologist, by graduating socially responsible practitioners, engaging communities, and advancing social justice. Its graduate programs prepare practitioners for working directly with systems and communities to improve community health.

Among them is Western Canada's first practitioner-scholar based doctor of psychology (PsyD) in clinical psychology program. Service Canada projects strong employment growth for psychologists amid growth in the government's health-care priorities, as well as social needs. Adler's PsyD program prepares students for professional clinical psychology registration and practice with unique emphasis on socially responsible practice and intensive community-based training.

SHUTTERSTOCK

Master's programs preparing practitioners in counselling through art therapy, counselling psychology, and the fast-growing field of organizational psychology are also offered, along with international learning and service experiences.

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604-713-5735

South Hill Education Centre
6010 Fraser St.
604-713-5770

Please check the website for advising and assessment appointments.
http://adulted.vsb.bc.ca

CONTRIBUTED

# A stepping stone to law enforcement

## *Opportunities with the Vancouver Police Department*

While becoming a police officer is a dream job for many, the Vancouver Police Department offers a number of other exciting law enforcement job opportunities for those interested in this field.

Paid training is available for the following special municipal constable positions: Traffic authority members; jail guards; and community safety officers.

"It is really a stepping stone for people who want a long-term career in law enforcement," says Det.-Const. Michelle Neufeld, recruiting section, Vancouver Police Department. "It is a great opportunity to get that life experience to eventually become a police officer."

The Vancouver Police Department offers part-time opportunities for these positions starting at $20.71 per hour.

To apply for these positions, you need to be 19 years of age and have a minimum Grade 12 graduation or equivalent (GED).

Neufeld says it is also a great fit for older applicants who are looking to supplement their income with dynamic part-time work.

"We have an immediate need to hire for all three positions (traffic authority, jail guards and community safety officers)," Neufeld says.

"We are looking for people with excellent character of all ages looking for part-time work."

The next training session starts April 7 for the traffic authority and jail guard positions. The training runs approximately 10 weeks and is held on evenings and weekends, which is ideal for those who have commitments to school or a primary job.

To find out more about these opportunities, information sessions are held at 10 a.m. on every second Saturday of every month. The next session is Feb. 14 at 10 a.m.

To apply, you must first attend an information session, as it is the only way to pick up an application form.

### *INFO SESSIONS*

Information sessions are held at the Justice Institute of British Columbia at 715 McBride Blvd., New Westminster.

The Vancouver Police Department is also hosting a special women in policing information session on Saturday at 10 a.m.

For more information, visit joinVPD.ca.


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# Let NYIT help you achieve your education goals

## *School offers caring, supportive environment*

Recent New York Institute of Technology (NYIT) Vancouver graduate Debojyoti Guha Roy saw getting his MBA as an advantage for his career in Canada, and possibly one day back home in India.

"In Canada, there is still a huge shortage of skilled workers, professionals and managers, so there is a demand of MBA professionals," Roy says.

"If I still plan to go back to my country, I would have an advantage because a North American education is highly valued and trusted in my country."

Roy received his bachelor's degree in biotechnology from Bangalore University, India, before coming to Canada in 2011.

After receiving his MBA from NYIT, he has found success as a marketing and sales professional.

"I joined my company as a sales rep, and with my MBA degree, strong determination and hard work, I was successfully and very quickly able to move up to a sales assistant manager position," Roy says.

Roy says NYIT offered a caring and supportive environment that helped him achieve his education goals.

"I strongly believe that getting an MBA degree from NYIT is a once-in-a-lifetime opportunity," Roy says. "My university gave me all the best tools possible to become a successful MBA grad."

For more information about NYIT-Vancouver, visit nyit.edu/canada.

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VCC has a partnership with L'Oreal Professionnel, which enables students from the hair design program to be educated on current trends while using top-of-the-line products.

"Clients sometimes are under the impression that when they come to a college or school for a hair service, they are having to be treated with cheaper brands — that isn't the case at VCC," says Lucy Griffith, department head of hair design and skin and body therapy, VCC.

The VCC salon and spa is also the West Coast training academy for L'Oréal Professionnel Artists, which allows VCC instructors and students amazing opportunities for advanced training and salon networking.

"L'Oréal Professionnel is extremely supportive of our students, events and growth of new artists and have collaborated with VCC on many systems and pathways for our students," Griffith says. "When students graduate, they are fully trained in the L'Oréal Professionnel brand, which is excellent for their portfolio and will give them a wider range of career opportunities."

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For more information about the VCC hair design program, visit vcc.ca/hair.

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Australian Open

## Sharapova serves Bouchard a loss

Canada's Eugenie Bouchard was eliminated from the Australian Open on Tuesday after a 6-3, 6-2 loss to Russia's Maria Sharapova in the quarter-finals.

The loss was a disappointment for the Westmount, Que., native after reaching the semifinal a year ago at Melbourne Park.

Bouchard finished with 13 winners and 30 unforced errors on Tuesday, missing on both of her break-point chances while dropping serve four times. THE CANADIAN PRESS

NHL

## Reigning champs waive Richards

The Los Angeles Kings decided they could wait no longer for Mike Richards to regain his championship form.

The Kings put Richards on waivers Monday when they returned from the all-star break, finally acknowledging the veteran centre's declining play.

Richards has been a key part of the Kings' two Stanley Cup championship teams in the past three seasons, but his plummeting offensive production hasn't matched his exorbitant contract. THE ASSOCIATED PRESS

NBA

## Bryant opts for shoulder surgery

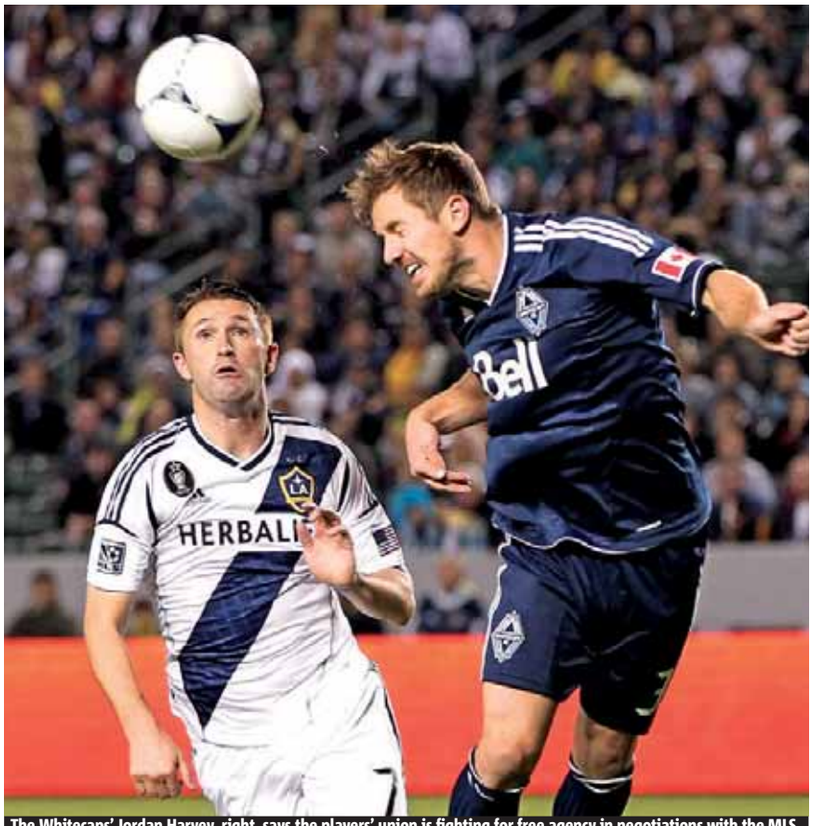
Kobe Bryant will have surgery Wednesday on his torn right rotator cuff, likely ending his 19th season with the Los Angeles Lakers.

Bryant seriously aggravated a lingering shoulder ache while dunking last week in New Orleans. The star guard and the Lakers decided Monday on surgery, which typically requires several months of rehabilitation. THE ASSOCIATED PRESS

# Threat of strike looms over MLS

**Soccer.** With collective bargaining agreement set to expire, players' union prepared for work stoppage

CAM TUCKER
cam.tucker@metronews.ca



The Whitecaps' Jordan Harvey, right, says the players' union is fighting for free agency in negotiations with the MLS league. GETTY IMAGES FILE

Jordan Harvey, having just completed an on-field fitness testing session that included the dreaded beep test, stated it was good to be back.

The Vancouver Whitecaps have opened up training camp at Thunderbird Stadium at UBC. Next Monday, they're scheduled to fly south to Arizona for a trio of friendlies against other Major League Soccer clubs.

That's the plan — although the threat of a strike looms thick in the air and the current collective bargaining agreement is set to expire on Jan. 31.

"They aren't going great," said Harvey, Vancouver's 30-year-old left back and one of the club's two player representatives, when asked about the current state of talks between the MLS players' union and the league.

"I'm not going to go into detail on any of the issues but I think a lot of guys have spoken up … and our team is no different. We stand united with all the guys who have spoken up, and particularly about free agency.

"Hopefully the negotiations go a bit better."

Free agency, or a current lack of for MLS players, is the main focal point for the union in these negotiations. The players want free agency, and their message is they're willing to strike.

"If free agency isn't put on the board, then absolutely," said Harvey.

"I don't think anyone goes into a negotiation looking for a strike or a work stoppage or a lockout. Everybody wants a deal to be done, but there are some things that need to change and as a players' group, we're going to stand up for that."

The 2015 MLS season is scheduled to begin March 6.

The Whitecaps are scheduled to open their season the following day, when they host Toronto FC.

Whitecaps head coach Carl Robinson didn't want to comment on the status of negotiations, but said he wasn't going to let the labour situation affect his plans for training camp.

"I'm not going to think, 'What if this happens or what if that happens,' because it will take my focus away from me getting my group fit," said Robinson.

Follow Cam Tucker on Twitter @camtucker_metro

**Canadian content**

**The Whitecaps now have eight homegrown players on their roster, which they say is most amongst MLS teams.**

- On Monday, the club announced the signing of midfielder Ben McKendry, who is from Vancouver and a graduate of the Whitecaps residency program.

4 SPORTS

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# Chasing post-season berths

With an eye on the playoffs, here's what Canada's NHL teams have to do to make it. The Edmonton Oilers are 20 points out of a playoff spot and are largely considered out of post-season contention.

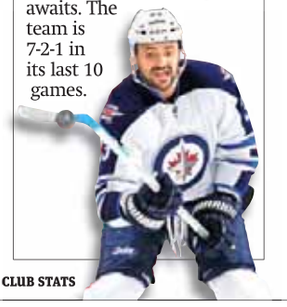
THE CANADIAN PRESS
Photos by Getty Images

## Montreal Canadiens

**Record:** 29-13-3, 61 points; third in Atlantic Division..
**Chances of making playoffs:** 98.8 per cent
**What they have to do:** Hope Carey Price stays healthy. As long as the goalie is on the ice and contributing, the Canadiens will be fine.

## Winnipeg Jets

**Record:** 26-14-8, 60 points; first Western Conference wild card.
**Chances of making playoffs:** 92.4 per cent
**What they have to do:** Don't let up, and the first playoff game in Winnipeg for this version of the Jets awaits. The team is 7-2-1 in its last 10 games.

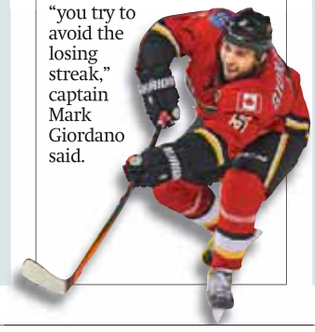


## Vancouver Canucks

**Record:** 26-16-3, 55 points; third in Pacific Division.
**Chances of making playoffs:** 92.4 per cent
**What they have to do:** Play better at home, according to all-star winger Radim Vrbata, talking about the Canucks' 11-8-1 record at Rogers Arena.

## Calgary Flames

**Record:** 25-19-3, 53 points; second Western Conference wild card.
**Chances of making playoffs:** 72.2 per cent
**What they have to do:** Beat the other teams in the hunt and "you try to avoid the losing streak," captain Mark Giordano said.

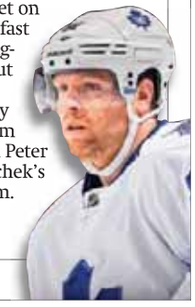


## Ottawa Senators

**Record:** 19-18-9, 47 points; 10 points out of second Eastern Conference wild card
**Chances of making playoffs:** 16.7 per cent
**What they have to do:** Hope one of the current playoff teams falls off its current pace because erasing a 10-point deficit this late is almost impossible.

## Toronto Maple Leafs

**Record:** 22-23-3, 47 points; 10 points out of second Eastern Conference wild card.
**Chances of making playoffs**: 4.5 per cent
**What they have to do:** Get on a roll fast and figure out how to play interim coach Peter Horachek's system.



PLAYOFF CHANCES ARE FROM SPORTS CLUB STATS

# Patriots. 'Hit that elbow,' Browner tells teammates

Brandon Browner is telling his New England teammates not to hold back against Seattle's Richard Sherman and Earl Thomas.

In an interview with ESPN, Browner talked about the toughness both Sherman and Thomas showed in the NFC championship game playing with injuries. Sherman suffered a sprained elbow, while Thomas suffered a separated shoulder.

But Browner said he would also target those injuries.

"I'm going to tell my teammates go hit that elbow or go hit that shoulder," Browner said in the interview.

Asked if he would tell his teammates that, Browner said, "Most definitely."

"Try and break it if you can. You're going to be my best friend after the game, but at the end of the day I know you want the Super Bowl as bad as I do," Browner said.

Seattle players didn't seem to take offence.

"I would expect nothing less. This is the Super Bowl. What do you expect?" Seattle wide receiver Doug Baldwin said. "I understand the fans want it to be classy, said publicly, and everything to be said politically correct, but that is the truth of the matter. We want this game just as much as they do and they want this game just as much as we do. I expect nothing less from Brandon Browner. We go after them in an aggressive fashion just as much as they are going to go after us." THE ASSOCIATED PRESS

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# Former MVP stripped of glow in title defence

**Super Bowl.** Malcolm Smith relegated to special-teams duties after fumble recovery, interception in last year's big game

Malcolm Smith stood out for always being in the right spot.

He was waiting to corral Richard Sherman's fourth-quarter deflection for the clinching interception in the NFC championship a year ago to send Seattle to the Super Bowl.

His eyes were up and focused on Peyton Manning's fluttering pass that fell into his arms for a pick six in the second quarter of last year's Super Bowl. And he hustled downfield to be in position to recover a fumble in the second half, all of which added up to the former seventh-round pick becoming an unlikely Super Bowl MVP.

Fast-forward 12 months with the Seahawks back in the Super Bowl, and Smith doesn't stand out as part of this Seattle defence. Slowed by an ankle injury since the off-season, Smith is still an important part of Seattle's special teams but rarely sees the field on defence.

In Seattle's two playoff victories, Smith was in for two defensive snaps. Both were goal-line situations in the NFC championship against Green Bay.

"It hasn't been difficult at all. I'm part of a team; that's my role. I don't see it as anything different," Smith said.

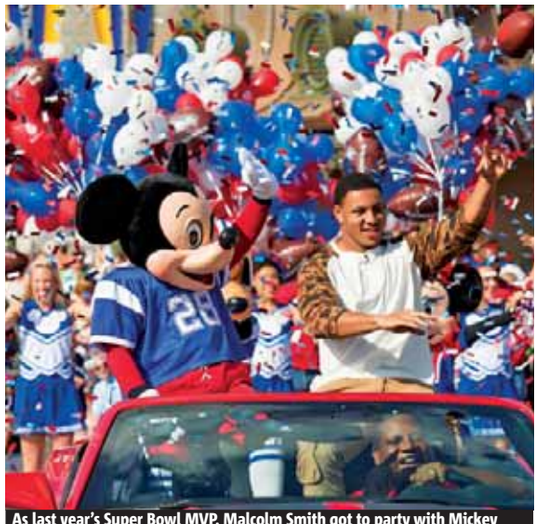
"Of course it's hard not to get the reps in the game and be ready."

Smith was the surprise choice for MVP, highlighted by his 69-yard interception return for a touchdown in the second quarter that gave Seattle a 22-0 lead over Denver. Nearly anyone on Seattle's defence could have earned MVP honours after the 43-8 rout. Smith just happened to stand out a little more than anyone else.

Of course, being MVP came with all the trappings: the day-after press conference; the parade with Mickey Mouse; a new truck. But for Smith, the only difference he felt was "people want to put mics in your face now." THE ASSOCIATED PRESS

**Quoted**

**"As far as being a reserve player, I'm a seventh-round draft pick. It's not like I came in here a first-round draft pick."** Malcolm Smith



As last year's Super Bowl MVP, Malcolm Smith got to party with Mickey Mouse. GETTY IMAGES FILE

## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

metro AR

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
Others have confidence in you so you must have confidence in yourself. Get used to playing a bigger role.

### ♉ Taurus
**April 21 - May 21**
You may have to do something that does not go down well with loved ones today but you know it must be done and will ignore any criticism that comes your way.

### ♊ Gemini
**May 22 - June 21**
You seem to be in two minds which way you should now be heading. The best thing to do is wait until the end of the week when your confidence will return and you are far more likely to make the correct decision.

### ♋ Cancer
**June 22 - July 23**
If you let partners take the big decisions today you will benefit both professionally and financially.

### ♌ Leo
**July 24 - Aug. 23**
You will get the chance to improve your position today but because your good fortune comes at someone else's expense you may hesitate to take advantage of it.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Wherever you go, whatever you do and whoever you deal with rest assured you will be protected, so don't let your imagination run riot.

### ♎ Libra
**Sept. 24 - Oct. 23**
Venus, your ruler, moves into the wellbeing area of your chart today, making this the ideal time to take stock of your health and your fitness and decide what changes need to be made.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Think more about your own needs today, especially your creative and romantic desires.

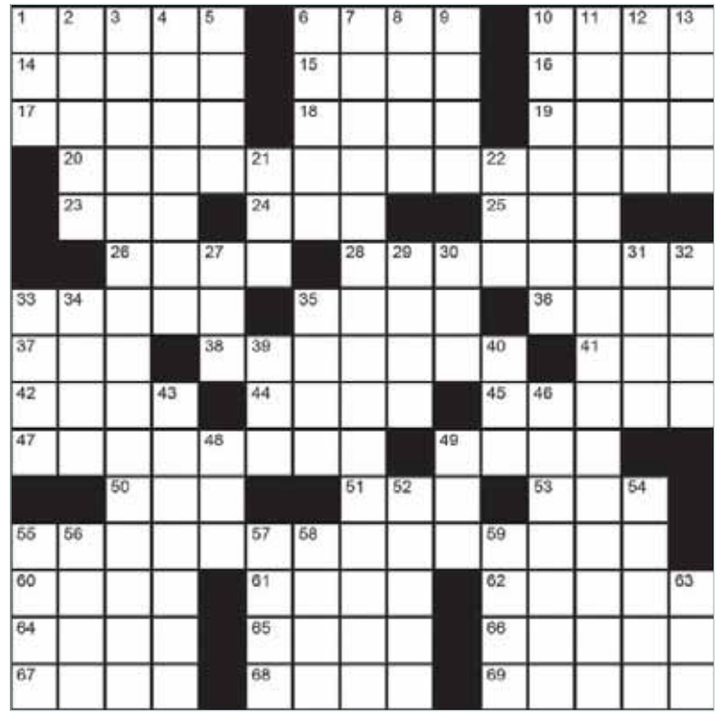
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
If you listen to the advice of a well-connected friend you could make some serious money today.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
The whole world could be against you now and it would not worry you in the slightest — your confidence is unshakable. Just be careful you don't overdo it and create rivals where none need exist.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You will get more than one opportunity to shine today, and you could make some money too.

### ♓ Pisces
**Feb. 20 - March 20**
Venus, planet of harmony, moves into your sign today and almost immediately you will feel a sense of relief. Mentally and emotionally you are far more balanced.

## Crossword: Canada Across and Down by Kelly Ann Buchanan



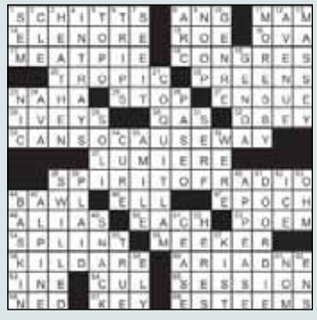
**Across**

1. "__ __ good bones." (Fixer-upper buyer's observation)
6. Actor Mr. Jannings
10. Silly
14. Like crooner Mr. Martin
15. Court
16. Obi accessory
17. French __ soup
18. __ Minor
19. Letter-writer's second li'l afterthoughts
20. "The Kids in the Hall" alum who created City TV's new comedy "Young Drunk Punk": 2 wds.
23. N. America country
24. US intelligence org.
25. Alley __ (Classic comic strip)
26. Also e-mailed to...
28. Overhauled
33. Held together with a workshop grip, say
35. Army garb, commonly
36. Prefix with 'dynamic'
37. 'Advert' suffix
38. Stoker's sucker
41. Nero's 551
42. "Born Free" (1966) lioness
44. Ailments
45. Stand-up's creations
47. Townsite known as 'Saskatchewan's Playground'
49. Dainty fabric
50. Not 'neath
51. Extinct bird
53. Pavarotti, Carreras e Domingo = I __ Tenori
55. Feathered message deliverers: 2 wds.
60. Q. "1989's 'Batman' ...was that _ __ Burton movie?" A. "Yes."
61. Land
62. Historic weapon
64. Ostrich-like bird
65. Reasonable
66. Ballet outfit material
67. PGA part, puny-ly
68. Civil or Electrical, e.g.
69. County in England

**Down**

1. Groom's promise: 2 wds.
2. A decade pre-AD, __ _ _
3. Barrettes, as examples: 2 wds.
4. Prevention quantity worth a pound of cure: 2 wds.
5. Bit of Justin T.'s old group
6. Dutch cheeses
7. Makeup application problem: 2 wds.
8. 'Arthr' suffix
9. French for 'the water'
10. Course completer's certificate
11. Movie munchies spoilers: 2 wds.
12. Richie's mom to Fonzie, __. _
13. Nonsense
21. Last gasp
22. Mauna __ (Hawaiian volcano)
27. Actor Mr. Byrnes
29. Flightless flappers
30. Book serial abbr.
31. __ Stanley Gardner (Detective novelist)
32. Two, in Portugal
33. Look
34. Ms. Fisher
35. LL Cool J's "Going Back to __"
39. Belonging to Providence's li'l state
40. 1977 Steely Dan album
43. Sweden-born/Canada-raised actress Malin
46. Ocean dweller
48. "__, _ don't know." (Beats me!)
49. Fall behind
52. Rexall Place player
54. Web purchase, say
55. Singer Irene
56. Olympians, e.g.
57. Feminine suffix
58. Reddish-brown
59. Renaissance family name
63. Oscar-winner Mr. Harrison

## Yesterday's Crossword

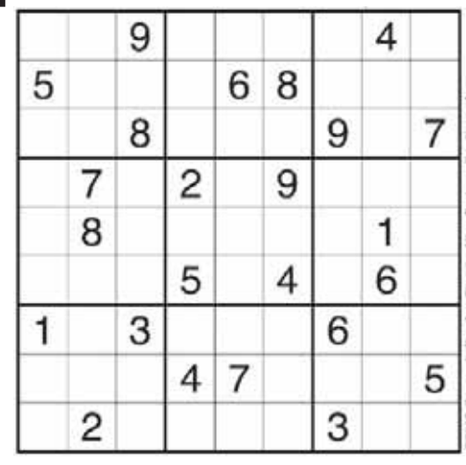


**Online**

See today's answers at metronews.ca/answers

## Conceptis Sudoku by Dave Green

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 3 | 7 | 2 | 9 | 1 | 6 | 4 | 5 | 8 |
| 1 | 9 | 8 | 4 | 3 | 5 | 2 | 7 | 6 |
| 5 | 4 | 6 | 8 | 7 | 2 | 1 | 9 | 3 |
| 7 | 5 | 4 | 2 | 6 | 3 | 8 | 1 | 9 |
| 8 | 6 | 3 | 5 | 9 | 1 | 7 | 2 | 4 |
| 9 | 2 | 1 | 7 | 4 | 8 | 6 | 3 | 5 |
| 6 | 1 | 9 | 3 | 2 | 4 | 5 | 8 | 7 |
| 4 | 8 | 7 | 1 | 5 | 9 | 3 | 6 | 2 |
| 2 | 3 | 5 | 6 | 8 | 7 | 9 | 4 | 1 |

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- Female 40 Non Smoker - $20.95
- Female 50 Non Smoker - $52.47
- Female 60 Non Smoker - $156.60

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Dealer order or trade may be required. *$10,000 is a combined total credit consisting of a $4,500 manufacturer to dealer delivery credit (tax exclusive) for 2015 Silverado 1500 Double Cab, $1,000 Winter Cash (tax inclusive), a $2,420 manufacturer to dealer Option Package Discount Credit (tax exclusive) for 2015 Chevrolet Silverado 1500 Double Cab LT equipped with a True North Edition, and a $2,080 manufacturer to dealer cash credit (tax exclusive) on Silverado Light Duty (1500) Double Cab LS Chrome Edition, 1WT, 2WT or LT Double Cab (excluding Diesel). The combined total credit is available on 2015 Chevrolet Silverado 1500 Double Cab LT equipped with a True North Edition. Offer ends February 2, 2015. ‡Based on responses from 86,118 new vehicle owners measuring 238 models and measured after 90 days of ownership. Proprietary study results are based on perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. ‡‡Based on Vincentric 2014 Model Level Analysis of full-size pickups in the Canadian retail market. ¥Lease based on a purchase price of $29,652 (including $1,000 lease credit, $4,500 manufacturer to dealer delivery credit, a $1000 manufacturer to dealer Option Package Discount Credit and a $893 Winter Cash) for a Silverado Double Cab 4X4 1WT. Bi-weekly payment is $149 for 36 months at 0.0% APR, and includes Freight and Air Tax, on approved credit to qualified retail customers by GM Financial. Annual kilometer limit of 20,000 km, $0.16 per excess kilometer. $975 down payment is required. Payment may vary depending on down payment trade. Total obligation is $12,611, plus applicable taxes. Option to purchase at lease end is $17,041. Price and total obligation exclude license, insurance, registration, taxes, dealer fees and optional equipment. Other lease options are available. Dealers are free to set individual prices. 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Proprietary study results are based on perceptions of owners surveyed in February-May 2014. Your experiences may vary. Visit jdpower.com. ‡‡Based on Vincentric 2014 Model Level Analysis of full-size pickups in the Canadian retail market. ◇Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). +Based on wardsauto.com 2014 Large Pickup segment and latest competitive information available at time of posting. Excludes other GM vehicles. 5-year/160,000 Kilometre Powertrain Limited Warranty, whichever comes first. See dealer for details. ^Whichever comes first. Limit of four ACDelco Lube-Oil-Filter services in total. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc., are not covered. Additional conditions and limitations apply. See dealer for details. ^^Whichever comes first. See dealer for details.